



Irish Soda Bread

Ingredients

Butter (for oiling the potjie)

3 cups Nutty Wheat flour (or whole-wheat flour)

1 cup oats

1 tsp baking soda

1 tsp salt

1 bottle buttermilk (2 cups)

Directions:

Smear the inside of your no. 10 flat-bottomed baking potjie generously with butter.

Put all the ingredients, except for the buttermilk, into a mixing bowl and mix well.

Now add the buttermilk and stir with a wooden spoon until everything is combined. Remember, not only is it unnecessary to knead the dough, it is better not to. So as soon as everything is properly mixed you are good to go.

Flop the dough into the prepared potjie, dust the top of the bread with some extra flour (this is purely for cosmetic purposes) and use your favorite and sharpest pocket knife to cut a cross in the top of the bread. As with the flour dusting, this cross is only for cosmetic purposes and makes no real contribution to the taste of the end product. (But we all know good-looking food tastes better.)

Now close the lid and bake for about 45 minutes until done. You want some coals under the potjie and some coals on the lid. When any particular coal loses motivation, discard it and replace with a new one. There is no particular risk in baking the bread too slowly but if you rush it, it might burn so rather err on the side of caution.

After 45 minutes, remove the lid taking care not to spill too much ash onto the bread. A bit of ash is fine, again, for cosmetic purposes. Insert the tip of a knife into the bread and if it comes out clean, the bread is ready.

If the bread does not stick to the potjie at all and comes out whole, great. If it sticks to the bottom of the potjie a bit, don't worry. Take a spatula, go in on the lines of the cross you cut earlier and take it out in quarters.

