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IRISH SODA BREAD

On 17 March it's St Patrick's Day, when Irish* people celebrate Ireland's patron saint. It's the perfect occasion to make this Irish fruit bread!

INGREDIENTS

- 450g white flour*
- 1 level* teaspoon bicarbonate of soda
- 1 level teaspoon salt*
- 2 teaspoons* sugar
- 75g raisins*
- 1 egg
- 350ml buttermilk*

METHOD*

- 1** Preheat* the oven to 220°C. Dust* a baking* tray with flour.
- 2** In a bowl*, mix* the flour with the bicarbonate of soda, salt, sugar and raisins. Use your fingers to lift* up the mix and "air*" it.
- 3** In a jug*, mix the egg and the buttermilk.
- 4** Make a well* in the centre of the flour mixture*. Pour* the milk and egg mix* into the flour.
- 5** Using one hand, lightly* mix all the ingredients together. When the dough* is soft* but not too wet*, put it on a floured* work surface.
- 6** Wash* and dry* your hands. Roll* the dough into a ball and then flatten* it to 5cm thick*. Put it on the baking tray. Using a knife*, make a deep* cross on top.
- 7** Put the baking tray in the oven* and reduce* the heat to 200°C. Bake* for 35 minutes.

HELP!

air: aérer
bake: cuire au four
baking tray: plaque de cuisson
bowl: saladier

buttermilk: lait fermenté
deep cross: croix profonde
dough: pâte
dry: sécher
dust: saupoudrer
flatten: aplatir, dérouler

flour: farine
floured work surface: plan de travail fariné
Irish: irlandais
jug: carafe
knife: couteau
level teaspoon: cuillerée à café rase

lift up the mix: soulever la préparation
lightly mix: incorporer doucement
method: préparation
mix (n): préparation
mix (v): mélanger
mixture: appareil, préparation

oven: four
pour: verser
preheat the oven: préchauffer le four
raisin: raisin sec
reduce the heat: baisser le four
roll into a ball: former une boule

salt: sel
soft: souple
teaspoon: petite cuillère
thick: d'épaisseur
wash: laver
well: puits
wet: humide