



Rye soda bread

makes one loaf of bread (you can double the recipe for two loafs)

1 1/2 (160 g) cup fine rye flour
1/2 cup + 2 tbsp (100 g) wholemeal rye flour
1/2 cup (60 g) buckwheat flour (can be replaced with more fine rye flour)
1 1/2 tsp baking soda (bicarbonate)
1 tsp sea salt
1/2 cup hazelnuts (can be replaced with e.g. pumpkin seeds if allergic to nuts)
1/2 cup sunflower seeds
1/4 cup flax seeds
1/2 cup dried figs or apricots
...
1 apple, grated
3 tbsp maple syrup
2 cups unsweetened yoghurt
...
pumpkin seeds and wholemeal rye to sprinkle

- 1) Preheat the oven to 200° C (400° F). Butter a loaf tin with butter or coconut oil and sprinkle with sesame seeds.
- 2) In a large bowl mix all the dry ingredients. Add the wet ingredients and mix carefully using a rubber spatula until you have a smooth batter.
- 3) Spread the batter out evenly in the loaf tin and sprinkle with pumpkin seeds and a little wholemeal rye flour.
- 4) Bake for 1 hour in the lower part of your oven. Then lower the temperature to 175° C (350° F) and bake for 30 more minutes.
- 5) Take the bread out and let cool a little before removing it from the tin. Let cool completely on a wire rack.

The bread keeps for up to five days wrapped in a tea towel.

NOTE! Just add the nuts, seeds and dried fruit whole – no chopping needed.

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Soda bread (gluten free)

makes one loaf of bread

3/4 cup + 2 tbsp (90 g) amaranth or quinoa flour
1/2 cup + 2 tbsp (60 g) gluten free oat flour
1/2 cup + 2 tbsp (80 g) brown rice flour
1/2 cup (60 g) buckwheat flour
1 1/2 tsp baking soda (bicarbonate)
1 tsp sea salt
2 tsp psyllium husks
1/2 cup hazelnuts (can be replaced with e.g. pumpkin seeds if allergic to nuts)
1/2 cup sunflower seeds
1/4 cup flax seeds
1/2 cup dried figs or apricots
...
1 apple, grated
3 tbsp maple syrup
2 cups unsweetened yoghurt
...
pumpkin seeds and buckwheat flour to sprinkle

- 1) Preheat the oven to 200° C (400° F). Butter a loaf tin with butter or coconut oil and sprinkle with sesame seeds.
- 2) In a large bowl mix all the dry ingredients. Add the wet ingredients and mix carefully using a rubber spatula until you have a smooth batter.
- 3) Spread the batter out evenly in the loaf tin and sprinkle with pumpkin seeds and a little buckwheat flour.
- 4) Bake for 1 hour in the lower part of your oven. Then lower the temperature to 175° C (350° F) and bake for 30 more minutes.
- 5) Take the bread out and let cool a little before removing it from the tin. Let cool completely on a wire rack.

A gluten free bread is easier to slice if completely cooled. The bread keeps for up to five days wrapped in a tea towel.

NOTE! Just add the nuts, seeds and dried fruit whole – no chopping needed.



Goat's curd

makes about 175 g (6oz)

1 litre (1 3/4 pints) goat's milk
1 tbsp rennet
2 tbsp lemon juice
sea salt

- 1) Heat the milk to 25° C (77° F). Stir in the rennet and lemon juice, cover and leave for an hour.
- 2) Line a colander with muslin/cheese cloth and strain the mixture through the muslin (over a bowl or the sink). Gather the corners of the muslin to make a kind of bag and hang it to drip for a couple of hours (use the tap over the sink, or a door handle where it can drip into a bowl). It should be thick, but if you'd like it thicker, just leave to drip for longer.
- 3) Tip the cheese out of the muslin and into a bowl. Season with salt and gently mix this in. Cover and keep in the fridge.

Enjoy the cheese with your soda bread drizzled with olive oil and topped with thyme/sprouts/shoots.