

# Let's eat, Invercargill, and celebrate Neighbours Day

Your neighbour has shared this much-loved recipe for you to take, make and share with your friends, whānau and neighbours. Enjoy!

## Lesley's Nana's Irish Soda Bread



There is nothing like the smell of freshly baked soda bread to time travel back into my Nana's kitchen, sitting round her dining table for a ploughman's lunch. This usually consisted of Soda Bread, choice of chutney's, strong cheddar cheese, ham off the bone and a few token salads like tomato and cucumber all served with a big pot of Barry's Irish Tea. This bread for me is food for the soul. It also goes amazingly dipped in any soup of your choice.

**1 lb Wholemeal Flour** (3½ cups, 450g, can be a mix of all white flour to all wholemeal flour)

**1 tsp Bicarbonate of Soda** (5g)

**1 tsp Salt** (5g)

**1 tbsp Butter, melted** (25g)

**1 pt Buttermilk** (2½ Cups, 600ml). To make a buttermilk substitute, add 1 tbsp white vinegar per 1 cup of milk.

Preheat oven to 200C, grease loaf tin with butter.

Mix the dry ingredients in a big bowl.

Pour in buttermilk and melted butter and mix quickly, makes a wet dough, pour into greased tin.

Bake for 50 minutes to an hour, until the loaf sounds hollow when tapped.

Transfer to a wire rack and leave to cool.

Eat fresh with loads of butter. Alternatively, eat toasted - with loads of butter!

