

Brown Bread

Ingredients

- 170g plain flour
- 230g wholemeal flour
- 2 tsp of bread soda
- ½ tsp of salt
- 1 tbsp olive oil
- 450mls buttermilk
- Handful sesame seeds (optional)

Equipment

- Large mixing bowl
- Wooden spoon
- Measuring jug
- Loaf tin
- Butter for greasing

Prep. time 15 mins

Cook time 40 mins

Oven temperature 180 ° C

Makes 1 large loaf (freezes well)

Method

Preheat the oven to 180°C.

1. Put all the dry ingredients into a mixing bowl. Add the olive oil and the milk. Mix everything around.
2. Make sure you get all the dry flour at the bottom of the bowl! It will be a sloppy mixture!
3. Grease your loaf tin with a bit of butter. ([Check out our kitchen tip – how to grease a loaf tin!](#))
Add two tablespoons of wholemeal flour into the tin and shake it around until the tin is coated in the flour. Shake out any excess. This will make sure that your bread will not stick to your tin!
4. Empty the mixture into your tin. Scatter on sesame seeds if you like them!
5. Place in the oven for 40 minutes and then check to see if the bread is done.
6. Tap the bottom and if it sounds hollow the bread is ready. If it is not done, put it back into the oven without the tin for about 5 mins. It should be ok then!
7. When it is finished, leave it sit in the tin for 5 minutes to relax and then turn it out onto a cooling rack.