

Malvern and Upton Beekeepers Association

Walnut, Honey and Sunflour Soda Bread

Ingredients

180g Honey
200g Walnuts
500g Shiptons Organic Irish Soda Bread Flour* plus extra for dusting
10g Fine Sea Salt
4tsp Baking Powder
300ml Water
2 tblsp Sunflower seeds

Equipment

Baking Stone or
Metal Tray and Baking Parchment

Method

Pre-heat oven to 200 C / Gas Mark 6. Soften the honey (place jar in warm water)
Chop 100g walnuts very finely almost to a powder – this will spread flavour through the bread
Coarsely chop the remainder – this will add texture to your finished loaf.

Combine the flour, salt, baking powder and walnuts in a bowl.
Add the softened honey and water and mix together using a wooden spoon, until evenly combined.
Turn out onto a well floured board and knead briefly into a firm dough.

Halve the mixture into 2 two rustic rounds and flatten to about 5cm in height.
Score a deep cross in both, and sprinkle with sunflower seeds.
Place onto pre-heated baking stone and bake for 20-25 minutes or until bread sounds hollow when tapped on bottom.

If you don't have a baking stone. Place onto parchment on baking tray.

*As an alternative use wholemeal flour.

The recipe also works well with plain or strong bread flour.