



Whole Wheat and Oats Soda Bread:

Yield: 2 6-inch loaves
Preparation time: About 20 minutes
Baking Time: About 45 minutes

<p><u>Ingredients:</u></p> <ul style="list-style-type: none">• 2 cups (500 ml) all purpose flour• 2 cups (500 ml) whole wheat flour• ½ cup (125 ml) large-flake oatmeal• ¼ cup (50 ml) raw pumpkin seeds• 1 tsp. (5 ml) baking soda• ¾ tsp. (4 ml) salt• ¼ cup (50 ml) unsalted butter, melted• 2 Tbsp. (30 ml) brown sugar• 1 cup buttermilk (250 ml)• 1 cup whole milk (250 ml)• Extra flour, for work surface	<p><u>Equipment:</u></p> <ul style="list-style-type: none">• Large-sized bowl• Medium-sized bowl• Measuring cups and spoons• Whisk• Microwave-safe bowl, or small pot• Rubber spatula• Pastry cutter (A.K.A “Fred”)• Bread knife• Baking sheet lined with parchment paper
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Method:

1. Preheat the oven to 425 F.
2. Line a baking sheet with parchment paper.
3. Measure the flours, oatmeal, pumpkin seeds, baking soda and salt into a large bowl. Whisk together and put aside for now.
4. Melt the butter for 20 second intervals in a micro-wave safe bowl in the microwave, or in a small pot on the stove-top over a low heat.
5. Place the melted butter into a medium-sized bowl. Add the brown sugar and whisk together.
6. Whisking constantly, add the buttermilk and whole milk in a slow, continuous stream.
7. Pour the milk mixture into the flour mixture and mix together with a rubber spatula. The dough will be sticky.
8. Generously flour your work surface then scrape the dough on to it. Cut into ½ with a pastry cutter. Gently shape each piece into a 6-inch round loaf. With a bread knife, score the top into sixths (a Y

shape into thirds and then cut each piece in $\frac{1}{2}$ again). Dust the top with flour.

9. Place the loaves on the prepared baking sheet. And bake for 15 minutes. Turn the heat down to 350 F and continue to bake for about 30 minutes, or until a skewer inserted in the centre comes out clean and the loaf sounds hollow when tapped on the bottom.
10. Remove to a cooling rack.