

Irish stout wheaten bread recipe

You will need:



Weighing scales



Large bowl



Mixing spoon



2 Loaf tins



Oven/Cooker



Skewer



Wire Rack

Ingredients

Oil or butter, for greasing loaf tin



600g Wholemeal Flour



150g Plain Flour



75g Porridge Oats

2½ tsp Baking Powder



1 tsp Salt



2 ½ tbsp Brown Sugar



40g Butter



Directions

1. Heat the oven to 190°C / 170°C fan



2. Grease two 1lb loaf tins with butter or oil



3. Add the flours, porridge oats, baking powder,



salt



and brown sugar



to the mixing bowl



4. Stir the dry ingredients



5. Add the butter to the dry ingredients. Then rub in with your fingers until the mix looks like fine breadcrumbs.



480ml Buttermilk*



*If you don't have buttermilk, sour 480ml of semi skimmed milk by adding 2 tablespoons of lemon juice for 5-10 mins.



200ml Black Treacle





280ml Irish Stout




N.B. The alcohol will be cooked off in the oven during baking.

6. Add the buttermilk/soured milk , black treacle , and



Irish stout  .


7. Mix well with a spoon  until you have a wet dough.

8. Divide between two well-greased 1lb bread tins 



9. Sprinkle a spoonful of oats over the top of the wet dough.





10. Bake for 35-40 mins at 170c  until a skewer  comes out clean.

11. Cool on a wire rack  .

Now enjoy!





















Try your wheaten bread with butter on top, or a slice of cheese, jam or eat it with some homemade soup.

I like to eat my wheaten bread with: *(circle your favourite)*

			
Butter	Jam	Cheese	Soup

Time to go Shopping

What will I need to make wheaten bread? Cut out the pictures of the ingredients you will need and glue them here.

Glue here 				
				
				
				



Key vocabulary: weighing scales, large bowl, mixing spoon, loaf tins, oven/cooker, skewer, wire rack, butter, jam, cheese, soup, flour, stout, buttermilk, sugar, oats, butter, oil, black treacle, salt, baking powder, Irish stout

Key Language and Phrases: "Heat the oven to 190°C / 170°C fan", "Grease two 1lb loaf tins with butter or oil", etc. (please see recipe instructions for more key language and structures).

Skills: following a recipe