**Method**

1. First, Preheat your oven to 190oC (or 370F)
2. Next, sieve 1lb of plain flour, 1 teaspoon of salt and 1 teaspoon of baking soda into a mixing bowl
3. Mix gradually ½ a pint of buttermilk into the other ingredients. Gently turn the mixture with the spatula until it comes together (The secret is not to knead to mixture like bread as this will remove the ‘bubbles and air’ put in with the baking soda)
4. After this, place the mixture on a lightly floured bench and gently shape into a round
5. With a table knife, cut a cross on the top (some say to let the fairies out) and then lightly flour the top before placing the bread on a baking tray
6. WARNING TAKE CARE: With oven gloves, place the baking tray into the pre-heated oven for 40 to 45 minutes
7. WARNING TAKE CARE: Finally, using the oven gloves again, remove the Soda Bannock Bread from the oven and place it on a clean surface and cover with a clean tea towel until it is ready to be eaten

**Equipment**

* Scales
* Mixing bowl
* Sieve
* Measuring Jug
* Spoon (or Spatula)
* Table Knife
* Oven Gloves
* Baking Tray
* Tea Towel

**Ingredients**

* Flour – 1lb
* Buttermilk – ½ a pint
* Salt – 1 teaspoon
* Baking Soda – 1 teaspoon

**How to make Soda (Bannock) bread**