



Moray Coast Cooks

Local & global recipes brought to you by friends of Moray Steiner School

Hebridean Seagreens® Whortleberry Bread

Lingon Bröd is a traditional Swedish country bread, moist and easy to make. It's also delicious as a 'Danish Sandwich' for snacks - try it with smoked salmon and cream cheese. Delicious! The Seagreens organic ingredient is from the Isle of Lewis. Makes one family loaf.

Ingredients

230g rye flour
230g wheat flour
1½ tsp baking powder
1½ tsp bicarbonate of soda
30g Seagreens® Culinary Ingredient
100g linseed or caraway seed
100g raisins
100g sunflower seeds
75g coarse rye flakes
75g coarse ground rye
100 - 150g lingonberries (red whortleberry)
50ml treacle
350ml soured milk
2 free range eggs

Method

Mix the dry ingredients in one bowl and the wet ingredients in another. Then combine the two and form the mixture into the desired bread shape. Smooth the surface with a floury hand.

Bake in a pre-heated oven at 175°C for 1 hour, or until the centre of the bread is dry (test with a skewer or knife to see if it comes out cleanly).

Leave the bread to cool on a close-wired rack or plain baking tray, then enjoy!

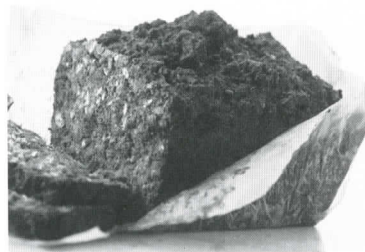
Tip - to sour milk quickly, put 1 tbs lemon juice into half a pint of milk, stir, and allow to stand for one hour.

Recipe kindly contributed by Christina Källåker.

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Irish Soda Bread

I've struggled many a time to make a tasty soda bread, until coming across this recipe whilst on holiday one year. It really is delicious.

Ingredients

250g plain flour
250g wholemeal flour
140g jumbo oats
2 tsp salt
15g bicarbonate of soda
1 tbsp clear honey
1 tbsp black treacle
500ml milk/buttermilk

Method

Preheat the oven to 200°C. Grease and line a loaf tin.

Mix dry ingredients together, make a well in the centre then pour in the honey, treacle and milk. Work together until it forms a loose, wet dough.

Place into the tin. Usually you would cut a cross on top, but the dough may be too loose for this. I read in another soda bread recipe that you should also prick around the cross four times to let the fairies out - we still do this! Bake for 45 mins then turn out onto a cooling rack, drape with a slightly damp cloth and leave to cool.

