

Online Cookery Class – Soda Bread with Avocado & Poached Eggs

Equipment Required

Sharp Knife
Chopping board
Large Saucepan
1 small bowl/ramekin

Scales
Tablespoon
Teaspoon
Baking tray

Serves 2

Ingredients

450g (3.75 cups) plain white flour
1 tsp salt
1 tsp bicarbonate of soda
400ml buttermilk OR (1 lemon and 400ml milk)
2 avocados
4 eggs
1 tbsp white wine vinegar
Salt and Pepper

Recipe – White Soda Bread

450g (3.75 cups) plain white flour

1 tsp salt

1 tsp bicarbonate of soda

400ml buttermilk

1. Preheat the oven to 230C (450F)
2. Sift the flour, salt and bicarbonate of soda into a large bowl and make a well in the centre
3. Add most of the buttermilk into the well and using your hand, with fingers open and stiff, mix the buttermilk into the flour gradually with circular motions. The dough should be soft but not sticky, add more buttermilk as necessary.
4. Mix the dough quickly and gently to keep it airy.
5. Turn the dough out onto a floured surface and shape into a 5cm (2 inch) high round.
6. Using a sharp knife cut a deep cross into the top and prick each quarter with the point of a knife.
7. Place on a baking tray and bake in a preheated oven for 10mins and reduce the heat to 200C (400F) for a further 20-25mins. It should be cooked through, golden and sound hollow when tapped.

Recipe – Buttermilk

1 lemon (juice only)

400ml milk (full fat milk, soya milk or nut milk)

1. Squeeze the juice of a lemon into a jug and top up with milk to 400ml.
2. Stir and leave it until thickened.

Recipe – Poached Eggs

4 eggs

1 tbsp white wine vinegar

1. Half fill a large pan with water and add the vinegar, bring to a simmer where the water is steaming but hardly moving.
2. Crack an egg into a ramekin and slowly lower into the water, let it settle on the bottom and then give the egg a gentle nudge.
3. Remove with a slotted spoon after 2-3 mins, place on kitchen towel to drain and serve.
4. Repeat with the other eggs.

Recipe – Avocado Rose

1 ripe avocado

Salt and Pepper

1. Slice the avocado in half and remove the skin and stone.
2. Place on the chopping board cut side down. Use a sharp, slightly wet knife to slice widthways as thinly as possible.
3. Tease out the slices into a long line and roll around the narrowest end.
4. Season well with salt and pepper and serve on toast or as part of a brunch.