

Spelt and Barley Pineapple Soda Bread

Ingredients

300 g wholemeal spelt flour
230 g buttermilk
50 g tinned pineapple, chopped
50 ml pineapple juice
30 g malted barley, plus an extra pinch for the top
30 ml Stella Artois
3 tsp baking powder
1 tsp sea salt



Instructions

- Preheat your oven and baking stone (or sheet) to 210C.
- Place all of your ingredients, except for the pineapple juice and beer, into a bowl and mix together. A mixer is ideal for this, but the mixture can also be combined by hand.
- Mix until you have fully combined the ingredients into wet dough. Once fully combined, place into a round tin – or shape it into a round yourself – cut a deep cross across the top, and sprinkle a pinch of malted barley on top.
- Pop into the oven and bake for 35 minutes.
- While the bread is baking, reduce the pineapple juice and beer in a pan until it has a thick and sticky consistency.
- Remove your baked bread from the oven, and paint your pineapple juice onto the top while the loaf is still hot.