



## QUICK AND EASY BREAD BUNS

**Prep Time**  
less than 20 mins

**Cook Time**  
10 - 30 mins

**Total Time**  
less than 1hr

### Ingredients

100g whole wheat flour  
100g plain flour  
½ tsp salt  
½ tsp bicarbonate of soda  
150ml buttermilk

### Instructions

1. Preheat the oven to 200°C.
2. Tip the flours, salt and bicarbonate of soda into a large mixing bowl and stir.
3. Make a well in the centre and pour in the buttermilk, mixing quickly with a large fork to form a soft dough. (Depending upon the absorbency of the flour, you may need to add a little milk if the dough seems too stiff but it should not be too wet or sticky.)
4. Turn onto a lightly floured surface and knead briefly.
5. Form into a round and flatten the dough slightly before placing on a lightly floured baking sheet.
6. Cut a cross on the top and bake for about 30 minutes or until the loaf sounds hollow when tapped. Cool on a wire rack.

### Recipe Notes

This recipe needs to be refined! The first shot didn't produce that nice and soft buns.  
Original recipe on [BBC website](#)