

PANCH PHORAN SODA BREAD

(from Nadiya Hussain)

for Panch Phoran mix (all as whole seeds):

1 tsp fenugreek
1 tsp nigella
1 tsp cumin
1 tsp black mustard
1 tsp fennel seeds

for bread:

250g whole-wheat flour
250g bread flour
1 tsp fine salt
1 tsp baking soda
1 tbsp panch phoran (made from mixture above)
400ml buttermilk

Heat the oven to 400F.

Mix all seeds in a small bowl (you will have mixture leftover).

Put the flours, salt, baking soda and 1 tablespoon of five-spice mixture into a large bowl and mix well. Make a well in the center and add a little over half the buttermilk. Bring the dough together by hand, adding more of the buttermilk if needed (I used the full amount).

As soon as all the flour is absorbed and the dough comes together, lightly flour the work surface, tip the dough onto it and roll into a neat ball. Place on the baking tray. Using a sharp knife, make a cross cut almost all the way down to the bottom of the bread, but do not separate the pieces.

Bake on the middle shelf for 30 minutes, until the bread is golden and sounds hollow when tapped on the base. Allow it to cool completely before slicing.