



Homemade Beans on Simple Soda Bread

Ingredients

Beans

150g streaky bacon, chopped
150g onion, finely chopped
1 garlic cloves, grated
400g chopped tinned tomatoes
2 tbsp tomato purée
100g soft dark brown sugar
150ml red wine vinegar
300g tin of haricot beans in water
salt and freshly ground black pepper

Soda Bread

500g strong Bread Flour
1 tsp bicarbonate soda
1 tsp salt
400ml buttermilk

Method - Soda Bread

Heat your oven to 200c and line a baking tray with baking parchment or silicone paper.

Put all dry ingredients into a large bowl and mix well, then stir in the butter milk to form a sticky dough. Tip on to a lightly floured surface and shape it quickly into a ball and flatten a little with your hand.

Put the dough on a baking tray and mark in to quarters cutting half way through the bread and dust with flour.

Bake for 30mins or until the loaf is cooked through – it should be golden brown and sound hollow when tapped on the base. Leave to cool in a wire rack.

Method - Homemade Beans

In a large saucepan, heat the rapeseed oil over a medium heat. Add the streaky bacon and fry until crisp. Add the onion and garlic to the pan and cook until the onion is soft. Add the tinned tomatoes, tomato purée, sugar, vinegar and 350ml water.

Drain the white beans and put them in the pan with the rest of the ingredients.

Cook on a medium heat for 20 mins or until you have a thick sauce with soft tender beans.