



The Delicate Diner was founded by Samantha Mattocks in 2016 as a food blog celebrating Norfolk produce, with an eye on those with dietary requirements. While Samantha's own dietary restrictions have changed, she remains conscious of the accessibility of menus for everyone.

Over time, The Delicate Diner blog has developed to include Samantha's take on seasonal produce, her food adventures while travelling, restaurant reviews, and simple recipes. In 2018, Samantha applied for MasterChef UK and was seen on screen in 2019. She made the top 32 from thousands of applicants, and she has used her appearance on the show to promote the Norfolk food and drink scene as much as possible.

Staying loyal to her local roots, Samantha has since run a number of pop ups and supper clubs across the county, as well as taking part in cooking demonstrations throughout East Anglia and beyond. Samantha's combined love of writing and food makes The Delicate Diner a true tribute to the bountiful county of Norfolk.

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FIG AND WALNUT SODA BREAD

- 170g wholemeal wheat flour
- 170g plain flour
- ½ tsp of Maldon sea salt, ground
- 1 tsp bicarbonate of soda
- 1 tsp light muscovado sugar
- 25g chopped walnuts
- 20g finely chopped figs
- 300ml buttermilk – I use raw Jersey buttermilk from Old Hall Farm



1. Preheat the oven to 200°C (gas mark 6).
2. Prepare a greaseproof baking sheet by dusting with wholemeal flour. Alternatively, grease and line a baking sheet.
3. In a large bowl, add all the ingredients in order. Using a knife, mix the ingredients until they come together in a dough. Then, use your fingers to bring together. If the mixture is wet, you may need to add more wholemeal wheat flour, a generous pinch at a time, until you have a pliable dough that is not sticky.
4. Once the dough is ready, use your hands to split the dough into two.
5. Using your hands, roughly create a circle from the first dough ball and put on to the baking sheet. Repeat.
6. Push the dough down slightly to flatten it, and using a sharp knife, cut a cross in the top of the dough.
7. Sprinkle with more wholemeal flour and put in the oven to bake for 15-20 minutes, until a skewer comes out clean and the bread sounds hollow when tapped underneath.
8. Place the loaves on a wire rack and try to resist the urge to cut off a slice and slather with butter!
9. Cut a slice of the bread and serve with butter and cheese, ideally Old Hall Farm raw Jersey butter and a local cheese such as Walsingham or Binham Blue.
10. Best enjoyed on the day of baking, but will keep well wrapped in tin foil for a couple of days, if it lasts that long!