



Irish Soda Bread



Irish Soda Bread was "discovered" during the potato famine out of necessity. It was inexpensive, quick to make and ingredients fairly easy to get. Be careful to only knead the bread 3-4 times, just enough to work with, otherwise the dough will become tough the resulting bread even heavier.

Prep: 15 min **Cook:** 45 min **Total:** 1 hr **Servings:** 4 **Oven:** 425°

Ingredients

4 cups flour (ideally pastry flour)
1t Baking Soda
1t Salt
1 3/4 cups Buttermilk

for a little saltier and higher rise bread increase baking soda and salt to 1 1/2 teaspoons each

For a light version use white pastry flour (soft wheat). For a medium weight, called brown soda bread, use half whole wheat pastry flour and half white or half white pastry flour. Soda bread is so versatile you can use just about any combination, just be sure to avoid self-rising, cake or bread flour.

Directions

- Preheat oven to 425°
- Combine dry ingredients in bowl.
- Create a hollow in the center and add buttermilk. Mix with fork or hand until just combined.
- Move dough to a floured surface and knead with hand 3-4 times. Be careful not to overwork or the dough will become tough.
- Shape into a circle and cut a cross in the dough. This helps the center of the bread to cook.
- Place in oven and cook for 35-45 minutes until skewer inserted in the middle comes out clean or tapping on the bottom of the bread sounds hollow. If bread is getting too brown on the outside tent with aluminum.
- Let sit on wire rack until cooled. If eaten while warm, make sure to let sit at least ten minutes or the center will be gummy.

"All recipes for traditional soda bread contain flour, baking soda, sour milk (buttermilk) and salt. That's it!!!"

Society for the Preservation of Irish Soda Bread