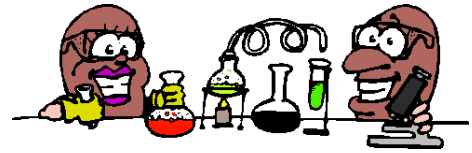


A recipe from
DAD'S COOKBOOK



Rating:



Irish Brown Soda Bread

Similar to recipe in "The Irish Pub Cookbook" by Margaret M. Johnson

The Irish version of soda bread is quick and easy to make, of course; but somehow, especially with fresh Irish butter, it's so much better than other tries...

1 cup all-purpose flour
1 cup coarse wheat flour
1 Tbsp wheat germ
1 Tbsp oat bran (McCann's)
1 Tbsp brown sugar

2 Tbsp baking soda
1 large egg
4 Tbsp unsalted butter, melted
1½ to 1¾ cup buttermilk
2 Tbsp sesame seeds

Heat oven to 375° F. Butter and flour (or use non-stick spray) a 9 x 5 x 3 inch loaf pan.

In a large bowl, stir together the dry ingredients. Make a well in the center. Using a wooden spoon, stir in egg, butter, and about $\frac{3}{4}$ cup buttermilk. Mix well, but don't over-work. Gradually add enough more buttermilk to make a soft dough. Spoon dough into prepared pan and smooth the top. (Dipping a spoon in buttermilk first will help with this.) Sprinkle with sesame seeds.

Bake for 35-40 minutes, or until a toothpick inserted in the center comes out clean. Remove and let cool for 10 minutes or so, then turn out onto a wire rack. Bread will slice easily after cooled for an hour or so.

This recipe scales up nicely, although if you try for three loaves or more at a time your arm will get Very Tired stirring; better to make 1-2 loaves at a time...

Yield: One nice loaf
Preparation time: 10 minutes
Cooking time: 40 minutes

