



Irish Brown Soda Bread

Author: Bob and Robin Young

Categories: Breads and Pastries

Description: A variation on the traditional Irish Soda Bread. Recipe adapted from the Tasting Table Test Kitchen.

Source: : Explore with this recipe. Use different or a combination of dried fruits. We also have used Rye Flour instead of Wheat Germ.

Yield: 1 loaf

Preparation Time: 10 minutes

Start to Finish Time: 50 minutes

Ingredients

1 c Cake Flour
2 c All-Purpose Flour
1/2 c Whole Wheat Flour
1/2 c Wheat Germ
2 T Dark Brown Sugar
2 t Baking Soda
1 1/2 t Sea Salt
1 T chopped Rosemary,
plus 1 tablespoon for
garnish
1 1/2 c Buttermilk
1 c Golden Raisins
2 t Orange Zest
2 T melted Butter
Butter and jam, for
serving

Directions

- 1) Preheat the oven to 400°. Lightly grease a 9-inch cast-iron skillet.
- 2) In a large bowl, combine the flours, wheat germ, sugar, baking soda, salt and chopped rosemary.
- 3) Create a well in the middle of the dry ingredients and pour in the buttermilk. Stir with a wooden spoon until just combined, then mix the golden raisins and orange zest into the dough. Use your hands to lightly knead the dough until a ball shape forms, making sure not to overmix, as this will toughen the bread.
- 4) Place the ball of dough into the prepared skillet. Use a knife to score the top, cutting about a third of the way through the dough in an X formation. Brush the top of the loaf with the melted butter and sprinkle the remaining tablespoon of rosemary on top. Bake the bread until the crust is golden and the loaf is hollow when tapped, about 40 minutes.
- 5) Allow the bread to cool completely, then slice and serve with butter and jam.