

IRISH SODA BREAD

White Soda Bread

4 cups (16 oz) of all purpose flour.
1 Teaspoon baking soda
1 Teaspoon salt
14 oz of buttermilk

Method:

Preheat the oven to 425 F. degrees. Lightly grease and flour a cake pan.



In a large bowl sieve and combine all the dry ingredients.

Add the buttermilk to form a sticky dough. Place on floured surface and lightly knead (too much allows the gas to escape)

Shape into a round flat shape in a round cake pan and cut a cross in the top of the dough.

Cover the pan with another pan and bake for 30 minutes (this simulates the bastible pot). Remove cover and bake for an additional 15 minutes.

The bottom of the bread will have a hollow sound when tapped so show it is done.

Cover the bread in a tea towel and lightly sprinkle water on the cloth to keep the bread moist.

Cover the pan with another pan and bake for 30 minutes (this simulates the bastible pot). Remove cover and bake for an additional 15 minutes.

The bottom of the bread will have a hollow sound when tapped to show it is done.

Cover the bread in a tea towel and lightly sprinkle water on the cloth to keep the bread moist.

Let cool and you are ready to have a buttered slice with a nice cup of tea or coffee.

Recipe – from the [Society for the Preservation of Irish Soda Bread](#)

Note: According to the [Society for the Preservation of Irish Soda Bread](#) – if your recipe includes eggs, raisins or other items – it is a cake, not a bread and not traditional!

Irish Brown Bread

3 cups (12 oz) of wheat flour
1 cup (4 oz) of white flour (do not use self-rising as it already contains baking powder and salt)
14 ounces of buttermilk (pour in a bit at a time until the dough is moist)
1 teaspoon of salt
1 1/2 teaspoon of bicarbonate of soda.



2 ounces of butter if you want to deviate a bit.

Method:

Preheat the oven to 425 F. degrees. Lightly grease and flour a cake pan. In a large bowl sieve and combine all the dry ingredients. Rub in the butter until the flour is crumbly.

Add the buttermilk to form a sticky dough. Place on floured surface and lightly knead (too much allows the gas to escape)

Shape into a round flat shape in a round cake pan and cut a cross in the top of the dough.

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