

Irish Soda Bread (Éiréannach sóid arán)



Preheat oven to 350°

Mix the Following Dry Ingredients

3 Cups All Purpose Flour (sifted if possible)

1/4 Cup Sugar

3 Teaspoons Baking Powder

1/8 Teaspoon Baking Soda

1/2 Teaspoon Ground Nutmeg (optional)

Add to Dry Ingredients

1 Cup Raisins (add less or more depending on your preference)

In A Separate Bowl Combine

4 Tablespoons Melted Butter (1/2 stick)

1 Egg

1 ¼ Cup Milk (2% milk works best)

(if possible, use a cast iron pan and melt the butter in the pan)

Mix the wet ingredients gradually into the flour mixture. Once all ingredients are mixed, you should have a slightly wet and sticky dough rather than a dry dough. This recipe will be more like a cake than actual bread. If you prefer your bread to be more dry, use less milk.

Place in either a cast iron pan or a bread pan and bake for one hour. Lightly brush melted butter on the top and sprinkle cinnamon, if desired. Ovens vary, so watch your bread and test with a metal skewer after 40-45 minutes. If the skewer is clean, your bread is done.

Source: Sheila Conboy, Office of the Executive Vice President