

IRISH SODA BREAD

Adapted from Knead It, Punch It, Bake It! by Edith & Evan Jones

INGREDIENTS

1 cup whole wheat flour
1 cup all-purpose flour
1 ½ teaspoons baking soda
1 teaspoon baking powder
1 teaspoon salt
3 tablespoons sugar
3 tablespoons butter
1 cup buttermilk
½ cup raisins or currants
powdered sugar for dusting

METHOD

Preheat oven to 375°.

Mix together the flour, baking soda, baking powder, salt and sugar in a medium bowl. Add the butter by first dropping it into the flour mixture, and then cutting it into small, pea-sized pieces using either your fingers or two table knives.

Add the buttermilk and raisins, and gently mix together with a spatula until the dry ingredients are completely incorporated into the wet ingredients.

In the bowl, gently fold the dough over once or twice with a spatula, shaping it into a roughly round ball. NOTE: do not overmix! It will make tough bread.

Place the ball of dough onto a baking sheet and sprinkle with the powdered sugar.

Bake for 35 minutes, or until the bread is nicely browned on top and springs back slightly when gently touched on top.

Enjoy with cheddar cheese and apple chutney for an authentic Irish teatime treat!