

## Irish Soda Bread

2 cups whole-wheat flour

1 cup all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon salt (optional)

1 ½ cups buttermilk (or more, if adding wheat germ or oats in step 2)

1 tablespoon butter or margarine, melted

1. Preheat oven to 375 degrees
2. 2. In a large bowl, stir together the whole wheat flour, all-purpose flour, baking powder, baking soda, and salt (if desired). At this point, you could also add ¼ cup wheat germ, cinnamon, nutmeg, sunflower seeds, raisins, currants, nuts, applesauce, chopped fresh or dried apples or chopped dried apricots.)
3. Stir in the buttermilk, mixing the ingredients until the dry ingredients are just moistened. (If you add several of the optional ingredients listed above, a bit more buttermilk may be needed.)
4. Turn the dough out onto a floured board and knead the dough for 1 to 2 minutes or until the dough is smooth. Then shape it into a ball.
5. Place the dough on a greased baking sheet, and flatten it into a 7-inch round about 1 ½ inches thick. With a floured knife, cut a ½ "X" across the top of the loaf.
6. Place the baking sheet in the hot oven, and bake the loaf for 40 minutes or until the loaf sounds hollow when it is tapped on the bottom. Turn the bread out onto a rack to cool and brush the loaf with the melted butter or margarine.

Jane Brody's Good Food Gourmet

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