

Grandma's Irish Soda Bread

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 45 minutes

Chef's Notes

My mother talks about her grand mother's soda bread but she never made it for me when I was growing up. My great grand mother was long gone before I came along and it took visiting Ireland to taste this simple peasant bread before I knew it's allure. Thankfully mom kept the recipe so now we can all give it a try. "Slainte"

Step 1: Sifting the dry ingrediants

- 4 cups flour
- 1 tbsp baking soda
- 1/2 cup sugar
- 1/4 tsp salt

Preheat oven to 375 degrees. Sift all the dry ingredients into a large bowl.

Step 2: Cut in the Butter

- 1/3 cup butter

Using a pastry cutter cut the butter into the dry ingredients till it resembles a coarse meal.

Step 3: Add the milk and shape

- 1 cup of milk

Mix the dough till combined but don't over mix as you don't want to create too much gluten.

Once it's come together turn out the dough on a floured counter top and shape into a ball. using a bench scraper cut the ball into two pieces and shape each one into a ball. I will take the ball and fold it in half, turn it 45 degrees and do this about 4 times. Again if you over work the dough you'll create gluten and the bread will be tough. I tuck the edge under the bottom to make a perfect round.

Step 4: Cut the top

- corn meal

Before you place the balls onto a parchment lined or lightly greased baking sheet. Lightly spread some corn meal around.

With a sharp knife cut an X into the top of each loaf.

Place in oven for 30 – 35 minutes or till when you tap the bottom of the loaf it sounds hollow.