



Irish Soda Bread

This bread's substantial texture goes well with soups, stews and roasted meats—and no rising time is required!

Photo by Stephanie Staton
Ingredients

2 cups all-purpose flour
1 cup whole-wheat flour
3/4 cup wheat bran
1/4 cup oat bran
2 T. sugar
2 tsp. baking powder
1 tsp. baking soda
2 cups buttermilk
1 egg, beaten
2 T. vegetable oil

Preparation

Preheat oven to 400 degrees F. Grease and flour a round 9-inch cake pan. In a large bowl, combine dry ingredients. Make a well in the center. In a separate bowl, whisk together buttermilk, egg and oil. Add all at once to flour mixture, and stir with a wooden spoon just until blended. Spoon dough evenly into greased and floured cake pan (do not spread or pat to edges; allow it to settle naturally). Bake for 30 minutes. Reduce heat to 350 degrees F, and bake an additional 15 minutes. Turn off heat, but leave the bread in the oven for another 15 minutes. Remove from oven, tip or lift bread out of the pan, and place it on a baking rack to cool.

Makes approximately 6 to 7 servings.