

Irish Brown Soda Bread

From the blog For Love of the Table

1 1/4 c. unbleached all-purpose flour, plus additional for sprinkling
1 c. whole-wheat flour
1/2 c. old-fashioned rolled oats
1/4 c. toasted wheat germ
1 1/2 t. baking soda
1 t. salt
2 oz. cold unsalted butter, cut into bits
1 1/3 c. buttermilk or 1 c. plain yogurt plus 1/3 c. milk

In a large bowl whisk together flours, oats, wheat germ, baking soda and salt. Add butter and toss to coat with flour. With fingertips rub in the butter until the mixture resembles coarse meal. Add buttermilk or yogurt and stir until dough is moistened evenly.

On a floured surface knead the dough 7 or 8 times, sprinkling lightly with additional flour to prevent sticking (dough should remain soft), until the dough comes together in a ball.

On a baking sheet lightly sprinkled with flour, pat the ball of dough out into a 7-inch round. Sprinkle the dough with additional flour and with fingertips spread lightly over the round. With a sharp knife, cut a shallow (about 1/2-inch deep) X in the top of the loaf.

Bake the bread in the middle of a preheated 425° oven until golden brown—about 30 minutes. Cool the loaf on a rack for 2 hours before slicing.

Recipe adapted from *Gourmet*, March 1994

<http://www.forloveofthetable.com/2010/03/of-soda-bread-and-cabbage-and-other.html>

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