



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

IRISH SODA BREAD

4 to 4 ½ cups flour

1 tablespoon sugar

1 teaspoon salt

1 teaspoon baking soda

4 tablespoons butter

1 cup currants or raisins

1 large egg, lightly beaten

1 ¾ cups buttermilk

1. Preheat oven to 425 degrees F.
2. Whisk together the 4 cups of flour, sugar, salt, and baking soda in large mixing bowl.
3. Using your fingers, work the butter into the flour mixture until it resembles coarse meal. Then add in the currants or raisins.
4. Make a well in the center of the flour mixture. Add beaten egg and buttermilk to well and mix in with a wooden spoon until dough is too stiff to stir.
5. Dust hands with a little flour, then gently knead dough in the bowl just long enough to form a rough ball. If the dough is too sticky to work with, add in a little more flour. Do not over knead.
6. Transfer dough to a lightly floured surface and shape into a round loaf. Note that the dough will be a little sticky, and quite shaggy (a little like a shortcake biscuit dough). You want to work it just enough so that the flour is just moistened, and the dough just barely comes together. Shaggy is good. If you over-knead, the bread will end up tough.
7. Transfer dough to a large, lightly greased cast-iron skillet or a baking sheet (it will flatten out a bit in the pan or on the baking sheet).
8. Using a serrated knife, score top of dough about an inch and a half deep in an “X” shape. The purpose of the scoring is to help heat get into the center of the dough while it bakes.

9. Transfer to oven and bake at 425 degrees until bread is golden and bottom sounds hollow when tapped, about 35-45 minutes. (If using a cast-iron pan, it may take longer as it takes longer for the pan to heat up.) Check for doneness also by inserting a long, thin skewer into the center. If it comes out clean, it is done.
10. Remove pan or sheet from oven, let bread sit in the pan or on the sheet for 5 to 10 minutes, then remove to a rack to cool briefly.
11. Serve bread warm, at warm temperature, or sliced and toasted.

Recipe by: Elise Bauer simplyrecipes.com
Adapted from: Saveur Magazine