

Irish Soda Bread

2 cups all purpose flour + 2 cups whole grain flour

1 cup or 250 ml whole oats

1 rounded teaspoon or 5 ml baking soda + 1/8 teaspoon/.5 ml

1 teaspoon or 5 ml salt (use Himalayan if you have some)

2 tablespoons or 30 ml butter, cut into small pieces

2 1/4 cup sour milk/buttermilk (milk + lemon juice, for every 1 cup milk add 1 tablespoon/15 ml)

Directions

1. Preheat oven to 400-425 degrees F.
2. Dust a baking sheet with flour (and keep some handy for taking the dough ball out of the bowl).
3. Mix the dry ingredients in a large bowl, then rub in the butter pieces. I rubbed them in with my fingers and this part reminded me of making my [famous holiday shortbreads](#).
4. Pour in the buttermilk, and mix it in quickly with a table knife/wooden spoon, then bring the dough together very lightly with your fingertips. Handle it very very gently.
5. Shape it into a flat, round loaf measuring about 8 inches in diameter. (Biscuits perhaps!)
6. Transfer to baking pan or pizza stone. This is where I dusted me fingers with flour.
7. Score a deep cross in the top. Traditionally, this lets the fairies out, but it also helps the heat reach the core of the bread.
8. Bake for 30-35 minutes until the bottom of the loaf sounds hollow when tapped. Tricky, I usually tapped the top and if it sounded hollow then good and I shall learn my lesson if this doesn't work. Do as you wish. So, if it isn't ready after this time, turn it upside down on the baking sheet and bake for a few minutes more.
9. Transfer to a wire rack, cover with a clean tea towel (this keeps the crust nice and soft) and leave to cool for 10 minutes or so.
10. To serve, break into quarters, then break or cut each quarter in half to make 8 wedges or slices – or simply slice across. Eat very fresh.