



Martin's Irish Brown Bread

INGREDIENTS

- 2½ cups whole wheat flour
- ¾ cup bran
- ¼ cup wheat germ
- 1 tsp baking soda
- 1 tsp sugar
- 1 tsp salt
- 2½ cups buttermilk
- 4 tsp butter (melted)

DIRECTIONS

1. Preheat oven to 375°F.
2. Add all dry ingredients together (put baking soda through a sieve).
3. Melt butter.
4. Make a well with dry ingredients, add buttermilk and butter, mix well.
5. Grease 1lb. loaf tin with butter.
6. Bake for 45 minutes.
7. Cool and serve.

White Irish Soda Bread

INGREDIENTS

- 3½ cups all-purpose flour
- 1 tsp salt
- 1 tsp baking soda
- 2 tbsp butter
- 1 egg
- 1 ¾ cups buttermilk*

DIRECTIONS

1. Preheat the oven to 425°F.
2. Mix together the flour, salt and baking soda in a large bowl. Add the butter and rub into the flour mixture with your fingertips until it resembles coarse breadcrumbs.
3. In a separate jug, whisk the egg and buttermilk together.
4. Make a well in the center of the dry ingredients and pour ¾ of the liquid into the flour mixture.
5. Using an open hand bring the flour and liquid together to a loose dough. The dough should be quite soft, but not too sticky. You can add a little more of the milk mix if it is needed
6. Turn onto a floured work surface and gently bring the dough together into a round, about 8 x 8 inches. Place on a baking sheet dusted well with flour.
7. Score the bread with a deep cross on top.
8. Glaze the bread with the leftover bit of buttermilk in your jug.
9. Bake for 15 minutes at 425°F (210°C), then turn down the oven to 400°F (200°C) and bake for 30 minutes more. When done, the loaf will sound slightly hollow when tapped on the bottom. Remove from the baking sheet and place on a wire rack to cool.