



## 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.