

Recipe

Irish soda bread with raisins

Ingredients

- 1 tablespoon unsalted butter
- 4 ½ cups white whole-wheat flour
- ½ cup currants
- ½ cup golden raisins
- 1 tablespoon caraway seeds
- 1 teaspoon baking soda
- 1 teaspoon kosher salt
- 2 ¼ cups buttermilk



Directions

Preheat oven to 425°F.

Warm a nine-inch cast-iron skillet in the oven for five minutes. Remove the pan from the oven and add butter, swirling to coat the bottom and sides.

Combine flour, currants, raisins, caraway seeds, baking soda and salt in a large bowl. Gradually add buttermilk, stirring just until the flour is fully incorporated. Do not over mix. The dough should be sticky and a little shaggy.

Transfer the dough to the prepared pan, using a spatula to spread it evenly. It's all right if it doesn't reach all the way to the sides. Use a sharp knife to score a deep X in the top of the loaf.

Bake until cooked through and golden brown, about 40 minutes. Let cool in the pan for five minutes, then transfer to a wire rack to cool for at least 30 minutes before slicing.

Lockton Nurse Advocate