

Irish Soda Bread

Makes 1 loaf, serves 8

3 ½ cups all-purpose flour
2 Tablespoons caraway seeds (optional)
1 teaspoon baking soda
1 teaspoon sea salt
1 ½ cups buttermilk (or milk substitute)

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Mix flour, caraway seeds, baking soda and salt in a large bowl.
3. Add buttermilk and stir until large moist clumps form.
4. Gather dough into a ball and knead until dough becomes smooth and holds together.
5. Roll into a large ball and lightly flour outside. Place dough ball on a non-stick baking sheet and shape into 6-inch diameter by 2-inch tall mound.
6. Cut a 1-inch deep X across the top, extending to the edges.
7. Bake approximately 35 minutes, until bread is golden brown and sounds hollow when tapped on the bottom.
8. Remove from baking sheet and allow to cool completely.
9. Slice into 8 wedges and serve alongside an Irish meal with butter.