

Irish Soda Bread

(Ireland)

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Though soda bread is now most common to Ireland, the first people to use soda to leaven their bread was the American Indians. These indigenous Americans were the first to be documented using pearl ash, natural form of soda created from the ashes of wood, to leaven their breads without the presence of yeast. However, it wasn't until this process was later discovered and replicated by the Irish that it earned a reputation worldwide. Traditionally, marked with a cross on the top, soda bread loaves got their signature appearance for superstitious reasons. Families believed if they cut a cross on the top of the bread that it would ward off evil and protect the household.

Ingredients:

4 cups all purpose flour
4 tablespoons sugar
1 teaspoon baking soda
1½ teaspoon kosher salt
4 tablespoon unsalted butter
1¾ cups cold shaken buttermilk
1 extra large egg
1 teaspoon grated orange zest
1 cup dried currants

Instructions:

Preheat oven to 375°F.

Line a sheet pan with parchment paper.

Add flour, sugar, baking soda, and salt into bowl with butter and mix on low speed.

In a separate bowl (measuring cup) beat buttermilk, egg, and orange zest.
Add buttermilk mixture to the flour mixture.

Combine currants with 1 tablespoon of flour and mix into dough.

Place on sheet pan and bake in oven for 45-55 minutes or until cake tester comes out clean.

Cool and serve warm or at room temperature.