
Best Irish Soda Bread

Sue Auer-Sherlock

Nettles Island Cooking in Paradise - 2014

5 cups all-purpose flour
1 cup sugar
1 tablespoon baking powder
1 teaspoon baking soda
1/2 cup (one stick) unsalted butter, room temperature
2 1/2 cups raisins
2 1/2 cups buttermilk
1 large egg
caraway seeds (optional)

Preheat the oven to 350 degrees.

Butter a heavy 10 to 12 inch by 2-1/2 inch cast iron fry pan.

In a large bowl, whisk to blend the flour, sugar, baking powder and baking soda. Add the melted butter and stir in the raisins.

In a bowl, whisk the buttermilk and egg to blend. Add to the dough using a wooden spoon until mixed (it will be sticky).

Transfer the dough into a prepared skillet, mounding slightly in the center. With a knife dipped in flour, cut an "X" on the top.

Bake until cooked. Cool in the skillet for 10 minutes. Turn onto a rack and cool completely. Wrap in foil.

Breads, Muffins

Per Serving (excluding unknown items): 4872 Calories; 64g Fat (11.6% calories from fat); 103g Protein; 997g Carbohydrate; 31g Dietary Fiber; 358mg Cholesterol; 3498mg Sodium. Exchanges: 31 1/2 Grain(Starch); 1 Lean Meat; 19 Fruit; 2 1/2 Non-Fat Milk; 10 Fat; 13 1/2 Other Carbohydrates.