

Buttermilk Irish Soda Bread

Janet Bottone

Culinary Creations and Wonders - St Lucie Council of Catholic Women - 2009

4 cups all-purpose flour
4 tablespoons white sugar
1 teaspoon baking soda
1 tablespoon baking powder
1/2 teaspoon salt
1 1/2 cups raisins
1/2 cup margarine, softened
1 cup buttermilk
1 jumbo egg
1/4 cup butter, melted
1/4 cup buttermilk

Preheat the oven to 375 degrees.

Line a baking sheet with aluminum foil.

In a bowl, mix together the flour, sugar, baking soda, baking powder and salt. Add the margarine. Add the buttermilk, egg and raisins. Mix together.

Turn the dough onto a flat surface. Knead the dough until everything comes together. Form the dough into a round and place on a baking sheet. Press down until about 1-1/2 inches to two inches high.

In a small bowl, mix melted butter and 1/4 cup of buttermilk. Brush on top of the dough. Cut an "X" into the top of the loaf.

Bake for 30 minutes. Remove the loaf from the oven. Reduce the oven temperature to 325 degrees.

Bake for another 20 minutes or until a toothpick is inserted and comes out clean.

Let cool for at least 45 minutes before serving.

Per Serving (excluding unknown items): 3897 Calories; 150g Fat (34.3% calories from fat); 77g Protein; 573g Carbohydrate; 22g Dietary Fiber; 347mg Cholesterol; 5750mg Sodium. Exchanges: 25 Grain(Starch); 1 Lean Meat; 11 1/2 Fruit; 1 Non-Fat Milk; 28 Fat; 0 Other Carbohydrates.