

Irish Blessing Bread

Betty Jubinville

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

2 1/2 cups flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1 egg
1/2 cup sugar
1/4 cup butter
1 1/2 cups buttermilk
1 cup raisins, coated in a little flour
1 to 2 tablespoons caraway seeds (optional)

In a small bowl, sift together the flour, baking powder and baking soda.

In a larger bowl, mix the egg, sugar and butter. Add the flour mixture to the butter mixture alternately with the buttermilk. Add the raisins and the caraway seeds, if using. Pour the mixture into a 1-1/2 quart casserole dish.

Bake in the oven at 375 degrees for 30 minutes. Reduce the temperature to 325 degrees.

Bake for an additional 30 minutes.

Per Serving (excluding unknown items): 2593 Calories; 58g Fat (19.8% calories from fat); 56g Protein; 473g Carbohydrate; 15g Dietary Fiber; 349mg Cholesterol; 2553mg Sodium. Exchanges: 15 1/2 Grain(Starch); 1 Lean Meat; 7 1/2 Fruit; 1 1/2 Non-Fat Milk; 10 Fat; 7 Other Carbohydrates.