

# Irish Soda Bread

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

*2 1/2 cups flour  
2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon salt  
1 tablespoon sugar  
1 cup buttermilk  
1/4 stick butter or margarine  
1 cup raisins*

Preheat the oven to 350 degrees.

In a bowl, mix all of the ingredients together. Cut in the butter and mix with the fingertips until well blended. Add the raisins to the mix.

Add the buttermilk and mix with a fork. It should be moist but manageable. Add more milk if necessary.

Turn out on a floured board. Knead slightly into a ball. Place on a baking tin. Cut a cross on the top to allow for expansion.

Bake for approximately one hour.

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Per Serving (excluding unknown items): 1928 Calories; 29g Fat (13.3% calories from fat); 45g Protein; 380g Carbohydrate; 15g Dietary Fiber; 71mg Cholesterol; 2871mg Sodium. Exchanges: 15 1/2 Grain(Starch); 7 1/2 Fruit; 1 Non-Fat Milk; 5 Fat; 1 Other Carbohydrates.