
Soda Bread - Irish



Servings: 8

1 3/4 cups all-purpose flour
1 tablespoon baking powder
3/4 teaspoon baking soda
3/4 teaspoon Salt
1 tablespoon granulated sugar
3/4 cup unsalted butter, Cut into 1/2" cubes
1/2 teaspoon caraway seeds
3/4 cup buttermilk
1/3 cup currants

Sift flour, baking powder, baking soda, salt, sugar together; cut in the butter until the mix resembles coarse bread crumbs

Toss currants and caraway seeds together with flour mixture

Using a wooden spoon mix buttermilk into flour mixture

Form a ball and then press out to form a disk. Score an X with a knife that has been lightly oiled

Bake at 375 degrees for approximately 20-25 minutes, until golden brown and fully cooked in the middle.

Yield: 1 loaf

Per Serving (excluding unknown items): 285 Calories; 18g Fat (55.2% calories from fat); 4g Protein; 28g Carbohydrate; 1g Dietary Fiber; 47mg Cholesterol; 528mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.

