



The Oregonian

Irish Soda Bread

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Makes 12 individual soda breads

These are best when served warm.

- 3 cups unbleached all-purpose flour
- 3/4 teaspoon salt
- 1 1/2 tablespoons baking powder
- Finely grated zest of 1 large orange
- 1 1/2 tablespoons caraway seeds
- 1 cup dried currants
- 1/4 cup granulated sugar
- 2 heaping tablespoons sour cream
- 1/2 cup plus 1 tablespoon cold butter, cut into 1/4-inch slices
- 3/4 cup well-shaken cold buttermilk

Preheat oven to 450 degrees. Lightly grease 2 baking sheets. In a large bowl sift together flour, salt and baking powder. Add orange zest, caraway seeds, currants, sugar and sour cream. Add butter and, using two knives, cut it into the flour mixture until it resembles coarse crumbs. Add buttermilk and mix lightly with fingertips. Knead briefly until the mixture comes together in a solid mass (work as lightly and quickly as you can).

Quickly gather dough into a ball, then pull off clumps to make a total of 12 equal balls. Divide them between the baking sheets, spacing the dough pieces about 3 to 4 inches apart. Bake until puffed and golden, 12 to 14 minutes.

-- From Rianne Buis

PER SERVING: calories: 255 (34% from fat); protein: 4.6 grams; total fat: 9.8 grams; saturated fat: 5.9 grams; cholesterol: 25 mg; sodium: 348 mg; carbohydrate: 38.8 grams; dietary fiber: 2 grams

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