



Irish Brown Bread Recipe

- 3 cups whole wheat flour
- 1/2 cup all-purpose flour
- 3 tbs oats
- 3 tbs bran
- 1 tsp baking soda
- 1/2 tsp salt
- 2 tbs brown sugar (if desired)
- 2 tbs chilled butter (cut into pieces)
- 1 1/2 cups buttermilk



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Directions

- Sift the flours, oats, bran, baking soda, salt, and sugar (if using) together in a mixing bowl.
- If using butter, rub the butter into the flour with the tips of your fingers or a pastry cutter.
- Make a well in the center of the flour and pour in the buttermilk all at once. Mix with a wooden spoon or by hand, just until all the liquid is incorporated.
- Turn the dough onto a lightly floured board and shape it into a loaf. Place in a lightly greased 8-inch loaf pan and make a deep "x" cut across the top of the dough with a sharp knife. Bake for about 40 minutes.
- Remove from pan. When the loaf is tapped on the bottom, it should sound hollow.
- Allow to cool on a baking rack before serving. This bread is great with butter and preserves.