

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Irish Soda Bread

Ingredients:

Makes 1 large rustic loaf

4-1/4 cups all-purpose flour, (divide: 4 cups, 1/8 cup, 1/8 cup)
1/3 cup sugar
1-1/2 teaspoons kosher salt
1 teaspoon baking soda
4 tablespoons unsalted butter
1/4 cup freshly squeezed orange juice
1 teaspoon orange zest
1-1/2 cups buttermilk
1 egg
1 cup currants

Directions:

1. PREPARE a baking sheet (rimmed or unrimmed) by lining the center with a piece of parchment paper. PREHEAT the oven to 375°F.
2. MIX the dry ingredients, (flour, sugar, salt, and baking soda) in a large bowl. Whisk together so that the ingredients are evenly distributed.
3. GRATE the butter with the largest grate on a box grater. Using 1/8 cup of flour, toss with the shreds of butter as you grate. This little trick keeps the butter pieces from clumping together allowing them to be distributed evenly in the flour mixture creating a nice texture.
4. ZEST about one-half orange, (about one teaspoon of zest). Juice the orange measuring out 1/4 cup into a small bowl, or 2 cup glass measuring cup. Add the zest to the bowl.
5. ADD the buttermilk and egg to the orange juice and zest. Whisk together until evenly combined.
6. TOSS the currants with 1/8 cup of flour until evenly coated. This light dusting will keep the tiny fruits from sticking together, and from sinking to the bottom of the dough during baking.
7. POUR the buttermilk and orange mixture into the dry ingredients gradually with the mixer on low. (Use the paddle attachment on a stand mixer). The batter may also be combined by hand or with a hand mixer. Mix just until combined; it will be a very wet, sticky batter.

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8. ADD the dusted currants to the batter and mix until evenly distributed.
9. SCOOP the very wet batter onto a lightly flour-dusted surface. With flour-dusted hands, FORM the dough into a rough ball; knead just a couple of times to help the loaf form – no need to knead too much.
10. PLACE the loaf on the prepared pan. With a serrated knife, cut an “X” on the top of the loaf; this gives the loaf some “expansion joints” as it bakes.
11. BAKE in a pre-heated oven for 45-50 minutes, or until the bread reaches an internal temperature of 180°F.
12. COOL the finished loaf on a cooling rack for 20-30 minutes. Serve warm with your best butter. Any leftovers will make delicious toast the next day.