

Irish Brown Bread by Lynn's Recipes



Lynn demonstrates a delicious Irish Brown Bread that would be a perfect bread to serve with your St. Patrick's Day meal. From Food & Wine.

Ingredients:

- 3 cups whole wheat flour
- 1 cup all purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1-1/4 cups buttermilk
- 1 large egg, lightly beaten

Preheat oven to 375°. Butter or grease a 8x5" metal loaf pan.

In a large bowl, whisk both flours with the baking soda and salt. In a small bowl, whisk the buttermilk with the egg; stir into the dry ingredients with a wooden spoon until a rough dough forms.

Transfer the dough to a lightly floured work surface and knead until smooth. Form the dough into a loaf and put it in the prepared pan. Bake for about 50 minutes, until the bread has risen about 12" above the rim of the pan. Once unmolded, the loaf should sound hollow when tapped on the bottom. Let cool to warm or room temperature, then slice and serve.

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