

Antoine's version of 'Amazingly Easy Irish Soda Bread'

as you can see made on Youtube in "[Making Antoine's Irish Soda Bread](#)"

- 2 cups unbleached flour with 2 cups whole wheat flour
optionally, ½ cup oat bran or ½ cup 3-5 minute oatmeal (a little more buttermilk needed)
- 4 tablespoons white sugar
- 1 teaspoon baking soda
- 1 tablespoon baking powder
- 1/2 teaspoon salt

- 3/4 cup butter, melted
- 1 tablespoon molasses [blackstrap]
- 12oz buttermilk [about 1½ cup]
- 1 egg

- ...and a few drops of vanilla occasionally

- My sainted Mother and several friends also swear by currants or sultana raisins in the mix.



1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet or put down buttered wax paper;
2. Melt ¾ cup of butter in a small pan over a low flame;
3. Add tablespoon of Molasses to almost melted butter;
4. Beat buttermilk and egg together in a medium measuring jug and then beat in melted butter and molasses;
5. In a medium sized bowl [see step 8], mix together unbleached and whole wheat flours, sugar, baking soda, baking powder, salt, oatmeal or bran;
6. Remember that you're going to leave a bit less than ¼ cup of the mixed liquid ingredients to be brushed on before placing loaf in oven;
7. Stir in the liquid – saving that ¼ cup - using a blunt knife or thin spatula to 'cut' the ingredients together, pulling up the dry ingredients from the bottom of the bowl;

don't overwork the mixture

8. If you've used a medium sized bowl with a nicely rounded bottom, you may be able to turn the 'loaf' out onto buttered wax paper placed on a cookie sheet or tray and knead slightly if loaf isn't yet holding together

otherwise

Turn dough out onto a lightly floured surface, kneading slightly if loaf isn't yet holding together, forming dough into a round, not too high, and then place on prepared baking sheet;

9. Use a sharp knife to cut an 'X' into the top of the loaf;
10. Brush loaf with the remaining liquid ingredients mixture;
11. Use your knife to recut the 'X' into the top of the loaf;
12. Bake in preheated oven for 48 to 55 minutes (52 minutes is the time I use, or until a skewer inserted into the center of the loaf comes out clean.

...and eat with butter, jam and gusto.