

80 Diapers' Irish Soda Bread

3 cups flour

1/2 tsp baking soda

2 T sugar

1/4 c raisins

1 egg (beaten)

1 cup buttermilk

2 T butter, melted

Preheat the oven to 350 degrees. Grease a cast iron oven-safe frying pan, if you have one, or you can use a regular old cookie sheet or baking stone.

In a medium bowl, whisk together the flour, soda and sugar. Toss the raisins with the flour mixture until coated. (This keeps them from sinking to the bottom of the dough.)

Make a well in the centre and add the egg, buttermilk and melted butter. Stir gently until all of the dry ingredients are absorbed.

Turn the dough out onto a floured surface and knead for a few quick turns just to even out the dough. Handle the dough as little as possible to keep the bread tender.

Pat the dough into a flat circle, and place into the prepared pan. (If using a cookie sheet or baking stone, it's easiest to use parchment paper as a liner.) Bake the bread for 40 to 45 minutes, or until the edges are golden.