

From our kitchen to yours



Whole Grain Soda Bread

TOTAL TIME: 1 hour 15 min YIELDS: 24 servings

Ingredients:

4 cups	all purpose flour	1/4 cup	brown sugar
2 cups	whole wheat flour	1 tbsp	kosher salt
1 cup	uncooked whole grain porridge cereal (eg. Red River Cereal)	1 tbsp	baking soda
1/2 cup	wheat germ or ground flax	4 cups	buttermilk

Directions:

Preheat oven to 350F and grease two large bread pans with butter.

In a large bowl, combine flour, cereal, wheat germ/flax, brown sugar and salt. Whisk well.

Mix the buttermilk and baking soda in a large measuring cup. The mixture will start to bubble as it reacts.

Form a well in the middle of the dry ingredients and add the buttermilk mixture. Combine until the dry ingredients are just incorporated. Do not over-mix.

Divide the dough into the two prepared bread pans.

Bake for 55-60 minutes. Test the bread with a butter knife or tooth pick. If it comes out clean, the bread is done. Let the bread rest for 10 minutes before cooling completely on a rack.

