

# Irish Brown Bread

## INGREDIENTS

- 2.5 ounces whole wheat flour
- 1.0 ounce wheat bran
- 0.5 ounce wheat germ
- 2 ounces all purpose flour
- 1 ounce rolled oats
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup buttermilk
- 1 egg

## DIRECTIONS

1. Preheat oven to 350-degrees. Prepare a 1-pound loaf pan.
2. Mix dry ingredients together in a medium bowl.
3. Add egg to buttermilk, mix together, and pour into the dry ingredients. Mix until a wet dough/batter forms, do not over mix.
4. Pour dough batter into the pan, shaking or tapping the pan to distribute the batter - avoid using the spoon to spread the batter as it can make the loaf too dense.
5. Bake for 30-35 minutes at 350-degrees.

# Irish Soda Farls

## INGREDIENTS

- 10 ounces all-purpose flour
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 3/4-1 cup buttermilk

## DIRECTIONS

1. Sieve or sift dry ingredients together in a medium bowl and add 3/4 cup of buttermilk and mix together until a soft, wet dough comes together; add more buttermilk, as needed to get the right consistency.
2. Turn dough out onto a floured surface and gently knead until a cohesive dough forms. Do not over knead.
3. Pat the dough into a round that is about 1/2 in thick and cut into 4 equal pieces.
4. Sprinkle a little flour in a heavy skillet that has been preheated on medium-low heat. Cook on each side for 6-10 minutes until browned and cooked through.

