

IRISH SODA BREAD

(St. Brigid's Bread)

Makes 1 loaf.

Ingredients:

- 2 cups flour
- 2 Tablespoons sugar
- 1 ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt

- 2 Tablespoons chilled butter
- ¾ – 1 cup buttermilk
- ½ cup currants

Sift the dry ingredients (flour, sugar, baking powder and soda, salt) together into a bowl.

Cut butter into flour mixture until butter is split pea size

Add buttermilk and mix thoroughly into a soft, biscuit-like dough

Stir in ½ cup currants.

Knead on lightly floured board for about 3 minutes or until smooth

Form into a flat round. Place on greased cookie sheet. Cut a cross ½ inch deep in the center. Brush with milk.

Bake at 350 for 40 minutes or until knife or cake tester comes out clean. Cool on wire rack.

MAKING BUTTER

Pour chilled whipping cream into a chilled wide mouth jar with a tight fitting lid. One or one and a half cup of cream in a quart sized jar is a good ratio.

Secure the lid and shake the jar until it "butters". This will take about twenty minutes and a great deal of patience and shaking. The children can also roll the jar to each other on the carpet.

When the cream butters, you will have a solid mass and "buttermilk". Shake the jar a few more times. Pour off the buttermilk. It does not taste like cultured buttermilk from the store! This buttermilk is actually sweet and very, very tasty. Many children have been amazed at the wonderful taste of "real milk".

Put the butter in a bowl and salt it if you like.

This is delicious on the soda bread.