

Chef Carol D's Irish Wheat Bread

Ingredients:

- 1 $\frac{3}{4}$ cups whole wheat flour
- 1 $\frac{3}{4}$ cups all-purpose flour
- 1 teaspoon salt (sea salt is fine too)
- 1 teaspoon baking soda
- 6 tablespoons unsalted butter, diced*
- 1 $\frac{1}{2}$ cups low-fat buttermilk **



Directions:

Preheat oven to 425°F.

In a large bowl, sift flours, salt & baking soda.

Using a knife or pastry blender, cut butter into flour mixture until it looks like small crumbles.

Stir in buttermilk gradually to dry mixture, making a firm dough. If the dough turns sticky, just add a little more flour.

Scrape dough out and place on a lightly floured surface and knead a few times, making dough into a ball, approximately 8 inches in diameter. Flatten dough with hands to about 2 inches high.

Place dough onto a paper lined baking sheet. Using a knife, cut an X across dough about $\frac{1}{2}$ inch deep. Sprinkle the top with oats if you like.

Bake the bread in oven until well browned & firm, about 40 minutes. Cool on a wire rack and serve warm.

Serve this dense/filling bread with soup or stew.

* If using salted butter, decrease salt to $\frac{3}{4}$ teaspoon.

** You can make your own buttermilk by adding 1 $\frac{1}{2}$ tablespoons of lemon juice or vinegar to 1 $\frac{1}{2}$ cups of low-fat room temperature milk.

Recipe adapted from: Labensky, Martel, Van Damme. *On Baking*, New Jersey, Pearson Education Inc., 2016, pp. 152