

Miss Kathleen's Irish Soda Bread Recipe



INGREDIENTS

- 3 1/2 cups of all purpose flour plus a little more for sprinkling on the sheet pan
- 3/4 teaspoon of baking soda
- 3/4 teaspoon of salt
- 1 1/2 cups of buttermilk
- Optional: 1 teaspoon of caraway seeds and some butter
 - optional ingredients mean you can make it with it or leave it out. It is up to you!

INSTRUCTIONS

1. **GET READY:** Ask a grownup to preheat the oven to 450°F. Cover a baking sheet with foil or parchment paper. Sprinkle it with flour and set it to the side. To a large mixing bowl, add the flour, baking soda, and salt. Mix them well with a fork.
2. **STIR:** Use a wooden spoon to make a dent in the center of the dry ingredients. Pour the buttermilk into the “dent.” Hold the bowl still and stir the ingredients together with the wooden spoon, starting at the center of the bowl and slowly moving toward the edges. The dough will be very sticky.
3. **KNEAD:** Sprinkle a little bit of flour on a clean counter. Take the dough out of the bowl and put it on top of the sprinkle of flour. Use your hands to press and squeeze the dough about 5 times, until it sticks together, and it is smoother. That is called “kneading the dough” (it sounds the same as the word “need”). Use the palms of your hands to make the dough into a round ball that is flat on the bottom.
4. **MOVE:** Move the loaf to the prepared baking sheet. Lightly sprinkle the top with (optional caraway seeds and) flour. Ask a grownup to help you use a knife to make a big cross on the top of the dough.
5. **BAKE:** Right away, ask a grownup to open the oven and put the sheet inside in the oven. Bake for 15 minutes at 450°. Lower the temperature to 400°F, a grownup can rotate the pan half way around in the oven, and bake for another 25-30 minutes until the crust is light brown. It's HOT! Ask a grownup to take it out of the oven, turn off the oven, and let the bread cool off for at least 20 minutes, then serve it warm with butter and enjoy it with your loved ones!



Miss Kathleen's Irish Soda Bread Recipe



INGREDIENTS

4 cups of all purpose flour

3/4 teaspoon of baking soda

3/4 teaspoon of salt

1 1/2 cups of buttermilk

Saint Patrick's Day (Optional)

Special Ingredients:

1 teaspoon of caraway seeds

Butter





Step One

Before you touch the ingredients, wash your hands for at least 20 seconds!

If you have a grown up helping you, they will want to wash their hands, too!

Ask a grownup to preheat the oven to 450°F.



Step Two



Cover a baking sheet with foil or parchment paper. Be careful! The edge on the box can be sharp! Ask a grownup for help.

**Sprinkle the sheet with flour
and set it to the side.**



Step Three



**In a large bowl, add the flour,
baking soda, and salt.**

**Use a fork to mix the ingredients together!
Stir slowly; this step can get messy
if you move too quickly.**

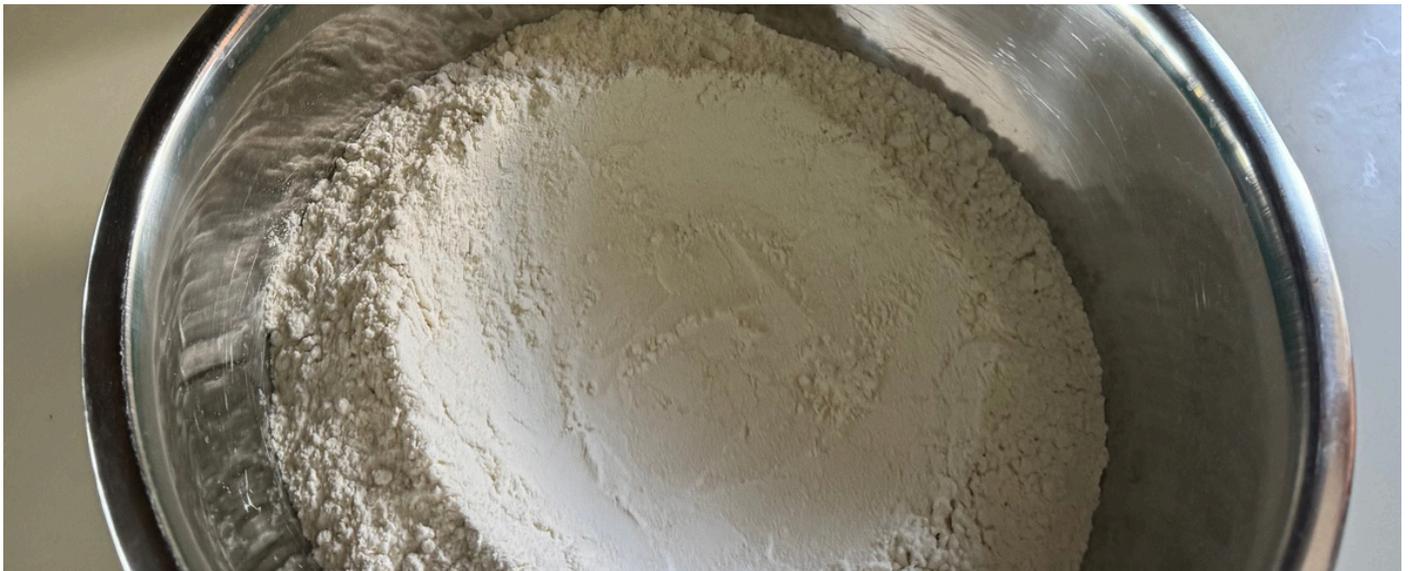


Step Four



Use a wooden spoon to make a large dent in the center of the dry ingredients, sort of like a bowl.

This needs to hold the buttermilk so make sure it is big and deep.



Step Five



**Pour the measured buttermilk
into your dent.**

(It is okay if some spills out of the dent!)

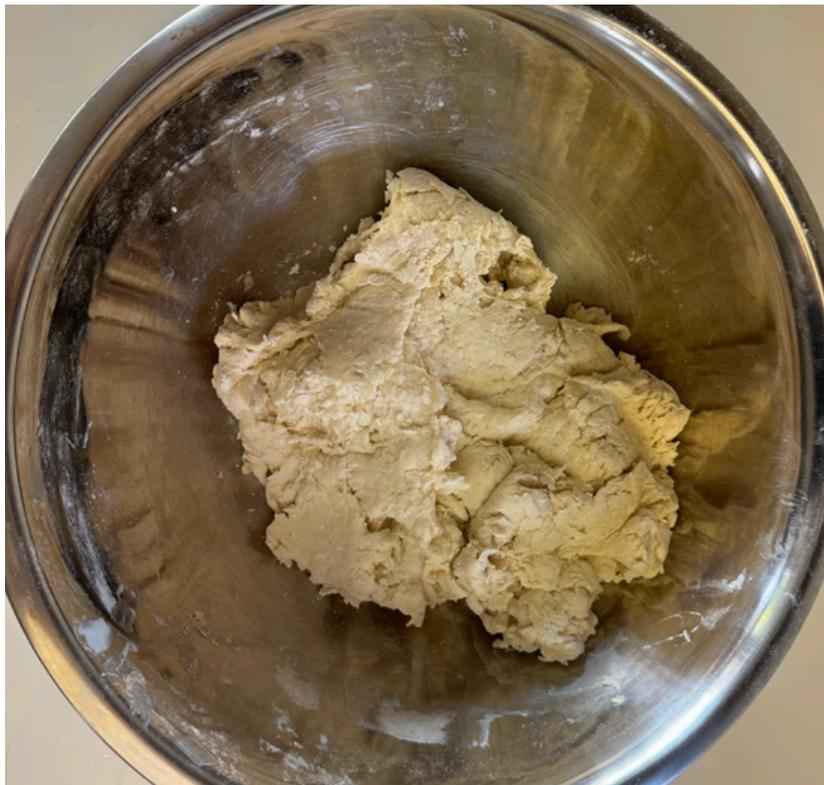




Step Six

Carefully stir the ingredients together with a wooden spoon. Start at the center of the bowl where the milk is and slowly move toward the edge. The dough will start to form into chunks. Keep mixing until it has a consistent texture throughout.

It is okay if it is not one solid ball, yet.

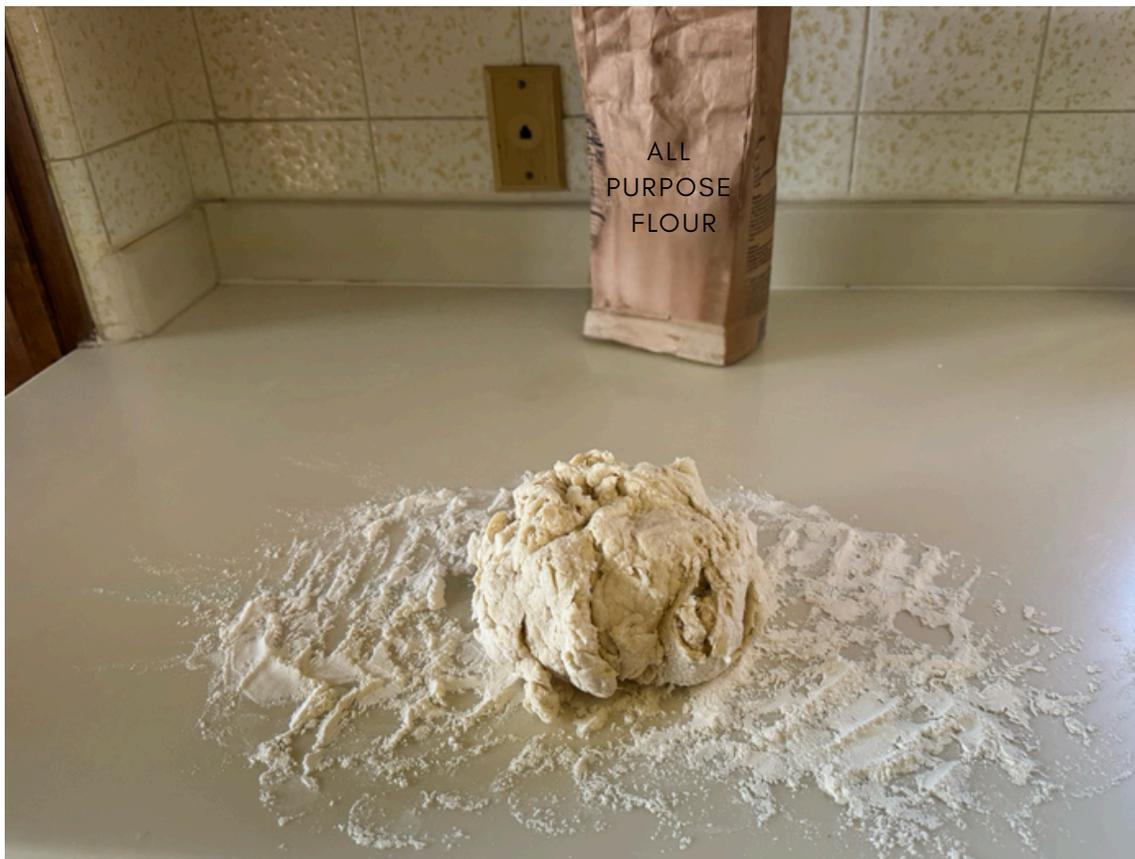


Step Seven



Sprinkle a little bit of flour on a clean counter.

Take the dough out of the bowl and put it on top of the flour.



Step Eight



Use the flat part of your hand to press the dough into the counter, then fold the dough back into a ball. That is called “kneading the dough.” Do this 5-10 times, then use your hands to shape the dough into a ball. The texture will be bumpy!



Step Nine



**Move the loaf to the prepared baking sheet.
If you are making the bread St. Patrick's Day
way, sprinkle caraway seeds all
over the top of the dough.**

**Use a knife to make a big cross on the top of
the dough! Ask a grownup if you need help.**





Step Ten

Right away, ask a grownup to place the baking sheet in the oven.

Bake it for 15 minutes at 450°F.

Lower the oven temperature to 400°F, and ask a grownup to open the oven and rotate the baking sheet, then close the oven, again.

Bake the bread for 25-30 more minutes, until the bread crust is light brown.





Final Product

Ask a grownup to take the bread out of the oven and turn off the oven.

Let the hot bread rest out of the oven and cool off for at least 20 minutes.

Serve it warm with butter and enjoy a treat with loved ones on Saint Patrick's Day!

