

IRISH SODA BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
335 cal	59 g	6 g	9 g	44 mg	456 mg	70 mg

Ingredient

MILK,NONFAT,DRY
 WATER
 VINEGAR,DISTILLED
 FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 BAKING SODA
 BAKING POWDER
 SALT
 RAISINS
 CARAWAY SEED
 BUTTER
 EGGS,WHOLE,FROZEN,BEATEN,ROOM TEMPERATURE
 COOKING SPRAY,NONSTICK

Weight

4-1/4 oz
 4-2/3 lbs
 5-5/8 oz
 8-7/8 lbs
 3 lbs
 1-1/3 oz
 1-3/4 oz
 1-7/8 oz
 3-7/8 lbs
 2-1/2 oz
 2 lbs
 1-1/4 lbs
 2 oz

Measure

1-3/4 cup
 2 qts 1 cup
 1/2 cup 2-2/3 tbsp
 2 gal
 1 qts 2-3/4 cup
 2-2/3 tbsp
 1/4 cup
 3 tbsp
 3 qts
 1/2 cup 2-2/3 tbsp
 1 qts
 2-1/4 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Reconstitute milk; add vinegar. Let stand 15 minutes. Set aside for use in Step 4.
- 2 Place flour, sugar, baking soda, baking powder, salt, raisins, and caraway seeds in mixer bowl. Mix at low speed just enough to blend.
- 3 Using pastry knife attachment, cut butter or margarine into dry ingredients until it resembles coarse meal.
- 4 Stir eggs into milk. Add egg-milk mixture to dry ingredients; blend until just mixed, about 45 seconds. DO NOT OVERMIX.
- 5 Lightly spray each pan with non-stick cooking spray. Place 3 pounds or 1-1/2 quarts batter in each sprayed loaf pan.
- 6 Bake 55 to 60 minutes at 375 F. or until done.
- 7 Cool thoroughly before slicing.
- 8 Cut 25, 1/2 inch thick slices per loaf.