



## IRISH SODA BREAD



500 ml	white flour	2 cups
500 ml	whole wheat flour	2 cups
75 ml	brown sugar	1/3 cup
5 ml	salt	1 tsp
6 ml	baking soda	1-1/8 tsp
500 ml	butter milk (or milk soured with 15 ml (1 tbsp) vinegar)	2 cups
30 ml	wheat bran	2 tbsp

In a large bowl, mix together all the dry ingredients except for the wheat bran. Add the buttermilk and mix until combined. Pour into a well-greased loaf pan. Sprinkle the wheat bran on top and bake at 175°C (350°F) for 50 minutes in a regular oven, a bit less in a convection oven.

**Yield: 1 loaf**





## BABA LUBA'S BROWN BREAD



15 ml	yeast	1 pkg or 1 tbsp
10 ml	sugar	2 tsp
50 ml	warm water	1/4 cup
500 ml	warm water	2 cups
50 ml	vegetable oil	1/4 cup
50 ml	molasses	1/4 cup
5 ml	salt	1 tsp
1.5 litres	whole wheat flour	6 cups

In small bowl, add yeast and sugar to 50 ml warm water and let stand for 5 minutes.

In a large bowl, mix 500 ml warm water with the oil, molasses, and salt. When yeast is frothy, stir and add to molasses mixture. Stir well.

Add flour, one cup at a time until blended. Turn dough out onto floured board. Knead until it feels just right (about 10 minutes). Put back in bowl and let rise in a warm place. When doubled in size (1 hour or so), punch down and form into two loaves. Place in well greased bread pans. Cover with cloth and let rise for 45 minutes or so.

Bake at 175 °C (350 °F) for 45 minutes in a regular oven, a bit less in a convection oven.

**Yield: 2 loafs**