

2 Minutes
North of the
Cliffs of
Moher



Brown Bread

Mix 2 eggs with 1¼ pints or 600mls of buttermilk

Sieve together: 1¼lbs or 560grams of cream flour with
1 level teaspoon salt
1 heaped teaspoon bread soda

Mix in: 1¼lbs or 560grams of coarse wholemeal

Add buttermilk and egg mix into flour then stir first with your fingers, then as it starts to come together, squeeze the mixture through your fingers. When the mixture is fully wet it should lift away from the bowl, (if it is too dry add some more buttermilk, if it is too wet add more flour). Caution do not over work or knead the mixture as it will make the finished loaf too dense.

Turn out onto floured board and roll gentle in the flour until it is coated and round, place it on a baking tray and finish shaping, cut a cross into the top (quite deep to allow inside to cook properly).

Cook in a preheated oven at 350° Fahrenheit, 180° Centigrade or gas mark 4 check and rotate every 15 minutes or so, after 50/55 minutes prod with a metal skewer if it comes out clean then the bread is cooked if not put in for a further five minutes and check again, repeat until cooked. When you turn out the loaf and tap the bottom it should sound hollow. Should be left to cool before you cut it, but that's usually very difficult as it is delicious hot with real butter!!