



# Irish Soda Bread

Soda bread is a traditional food in Ireland and one of Sam's favorites. Most bread includes an ingredient called yeast, which helps dough rise. Soda bread does not include yeast. Instead, the natural acid in the buttermilk mixes with the baking soda to make bubbles of carbon dioxide. This makes the dough rise!

Follow the recipe below to make Irish soda bread. Sofia added a bit of orange zest to the recipe to make it sweeter. Learn more about Sam and Sofia's travels in Ireland with the World Edition!

Ingredients
• 4 cups flour
• 2 tbsp sugar
• 1 tsp salt
• 1 tsp baking soda
• 4 tbsp butter, chilled
• 1 cup raisins
• 1 tsp orange zest
• 1 large egg, lightly beaten
• $1\frac{3}{4}$ cups buttermilk

## Instructions

1. Preheat the oven to 425 degrees Fahrenheit.
2. Mix the dry ingredients in a large mixing bowl: flour, sugar, salt and baking soda.
3. Mix in the butter with your hands and add the raisins.
4. Make a "well" in the middle of the mixture. Add the egg, buttermilk and orange zest to the well. Mix it all together with a wooden spoon. When the dough is too thick to mix with the spoon, it's time to use your hands again!
5. Sprinkle some extra flour on your hands (so your fingers don't stick) and knead briefly — just until you can form a rough ball. The dough will be pretty sticky. That's okay!
6. Place the dough in a lightly greased baking pan. Use a knife to cut two lines across the top of the dough (this lets the heat in) and bake for about 40 minutes.
7. Let the loaf sit for about 5 minutes and serve warm.