**Irish Soda Bread**

At its most basic a soda bread should have four ingredients: flour, buttermilk, baking soda, and salt. The classic Irish soda bread is made with whole wheat flour, but Irish wheat is typically weaker (that is, lower in protein) than typical American wheat; you will find recipes that call for a mixture of whole wheat and white flours. This recipe calls for one flour: whole wheat pastry flour.

**4 cups (or 480 grams by weight) Whole Wheat Pastry Flour**

**2 cups (or 480 grams by weight) buttermilk**

**1 tsp baking soda**

**1 tsp salt**

Preheat the oven to 375 degrees.

Grease a 9-inch cast iron skillet or dutch oven (you can also use a greased cake pan)

Add the dry ingredients (flour, baking soda, salt) to a mixing bowl; stir them together thoroughly with a whisk or fork. Add the buttermilk and stir briefly until all the flour has been moistened. Do not overmix. Put the dough on a lightly floured surface and shape into a cylinder about 6 inches in diameter. If the dough is sticky, moisten your hands with water before handling the dough. Place the dough into the center of the greased pan and cut a cross in the top of the dough about ½ inch deep. Put the pan in the oven and bake for 45 minutes.

Variations:

* Add 1 cup raisins
* use ¼ recipe and bake in a mini-loaf pan (an overripe banana can be added to make a banana bread)