

LIZ'S IRISH RYE SODA BREAD

MAKES: 1 loaf

PREP TIME: 20 mins

COOK TIME: 40 mins

INGREDIENTS

- 450g rye flour (*1)
- 2 tsp baking soda
- 1 tsp salt
- 150g dried raisins (*2)
- 30g white sugar (*3)
- 1 egg
- 1 stick of butter, cut into 8 TBS - 2 additional TBS of butter for pan coating and post-bake butter brush
- 315g buttermilk

Substitution and methodology notes:

- *1 For a lighter, more Americanized soda bread, try cutting the total weight of rye flour with a white flour.
- *2 To avoid white sugar, you can sub in honey or maple syrup for a more natural sweetness.
- *3 Raisins are the more ubiquitous dried fruit to add into soda bread, but I also like to use what I have on hand- you can choose cranberries, chopped up prunes, or really any similar dried fruit of your choice, but be conscious of the size.
- This recipe doesn't include an addition of caraway, but if you want that tangy flavor free to add – adjust the recipe by adding a splash more of buttermilk.



MEET THE BAKER

Yawning Bear Bread Co. is a micro-bakery located in the heart of Columbus. Since the summer of 2021, Liz's goal has been to bring a delicious and nourishing selection of breads to the central Columbus community, and their mission continues today. By sourcing local flours milled by Local Millers, nutritious and flavorful flour takes center stage on the YBB menu. This recipe, featuring Hazlet Rye flour sourced from Local Millers, was inspired by Liz's grandfather, who passed away last summer and always enjoyed sharing traditional Irish bakes. You can find YBB popping up at local farmers markets in Bexley, Clintonville, and Worthington, as well as on local retail shelves including Littleton's Market, Bexley Natural Market, and the Hills Downtown.



DIRECTIONS

- Preheat oven to 400 degrees, and use 1 TBS of butter to grease a rounded pan of your choice (cast iron is my favorite, it will crisp up the edges of the bread nicely).
- Weigh dry ingredients, raisins, and sugar into mixer bowl, and whisk well until all ingredients are evenly distributed
- Mix together in a separate bowl the egg, 8 TBS of butter, and buttermilk - add this into mixer bowl
- Set up the paddle attachment, and mix on 1-2 (slow) for 30 seconds to combine. Let rest for a moment, then set speed higher to 3-4 until the dough comes together on the paddle and the sides of the bowl are clean - dough will be sticky
- Transfer dough to your prepared baking pan, and flatten down the top of the dough with your hand- you can also shape the edges of the dough into a circle to create a more even circular shape
- "Score", or cut, an X on the middle of the loaf using a sharp knife, kitchen scissors, or a lame if available
- Bake for 40 min. then poke into the bread with a butter knife to test if it is ready- if the knife comes out clean, it's baked. If it has dough remaining on the knife, continue baking. (Consider covering the bread with aluminum foil if you're concerned about it burning on top as it continues baking).
- Once the knife comes out clean, brush top of bread with 1 TBS melted butter, and serve hot with coffee or tea. Store in airtight container on counter for three days, or in the fridge for up to a week.



MEET THE GRAIN

Rye is a member of the wheat family, closely related to both wheat and barley. It is popular in breads, whiskeys, and some beer. Light rye, dark rye, pumpernickel- what's the difference? It has to do with the amount of bran remaining in the flour. On a stone mill the entire grain is crushed between two stones which makes the flour. This whole flour can be sold as is and for rye this whole flour is called "pumpernickel". To create a "light" or a "dark" rye one simply removes more or less bran through a sifter attached to the mill. Our rye is a medium/ dark rye with about 80-85% extraction which means we remove about 15-20% of the rye seed (the outer layer of bran).

