Irish Soda Bread

3 1/2 cups all-purpose flour, plus more for work surface
1/4 cup sugar
1 teaspoon baking powder
1 teaspoon baking soda
3/4 teaspoon salt
1/2 cup (1 stick) unsalted butter, cut into small cubes and frozen, plus more, softened, for skillet
1 (8-ounce) container sour cream
1 large egg
2 cups raisins
1 cup buttermilk
Caraway seeds (optional)

Directions

Preheat oven to 375 degrees with a rack set in lower third of oven. Lightly butter a 10-inch round cast-iron skillet; set aside.
In a large bowl, whisk together flour, sugar, baking powder, baking soda, and salt. Add butter, sour cream and egg; mix, using a pastry blender, until mixture resembles coarse crumbs. Stir in raisins, buttermilk, and caraway seeds, if using, and mix until a sticky dough forms.
Turn dough out onto a lightly floured work surface. Using a floured bench scraper, form into a round loaf; using a sharp knife score a large “X” in the center.
Place in prepared skillet and transfer to oven. Bake until loaf is golden brown and a toothpick inserted into the center comes out clean, about 1 hour. If top begins to brown too quickly, loosely cover with a piece of parchment paper-lined aluminum foil. Transfer to a wire rack to cool.

White Soda Bread – Use for St. Balise, St. Patrick’s and other Irish feast days

White Soda Bread

4 cups (16 oz) of all purpose flour.
1 Teaspoon baking soda
1 Teaspoon salt
14 oz of buttermilk

Method:

Preheat the oven to 425 F. degrees. Lightly crease and flour a cake pan.

In a large bowl sieve and combine all the dry ingredients.

Add the buttermilk to form a sticky dough. Place on floured surface and lightly knead (too much allows the gas to escape)

Shape into a round flat shape in a round cake pan and cut a cross in the top of the dough.

Cover the pan with another pan and bake for 30 minutes (this simulates the bastible pot). Remove cover and bake for an additional 15 minutes.

The bottom of the bread will have a hollow sound when tapped so show it is done.

Cover the bread in a tea towel and lightly sprinkle water on the cloth to keep the bread moist.

No-Knead Crusty Dutch Oven Bread (Mother Earth News)

No-Knead Dutch Oven Bread

1/4 tsp active dry yeast
1 1/2 cups warm water
3 cups all-purpose flour, plus more for dusting. You may use white, whole wheat or a combination of the two.
1 1/2 tsp salt
Cornmeal or wheat bran for dusting

In a large bowl, dissolve yeast in water. Add the flour and salt, stirring until blended. The dough will be shaggy and sticky. Cover bowl with plastic wrap. Let the dough rest at least 8 hours, preferably 12 to 18, at warm room temperature, about 70 degrees.
The dough is ready when its surface is dotted with bubbles. Lightly flour a work surface and place dough on it. Sprinkle it with a little more flour and fold it over on itself once or twice. Cover loosely with plastic wrap and let it rest for about 15 minutes.
Using just enough flour to keep the dough from sticking to the work surface or to your fingers, gently shape it into a ball. Generously coat a clean dish towel with flour, wheat bran or cornmeal. Put the seam side of the dough down on the towel and dust with more flour, bran or cornmeal. Cover with another towel and let rise for about 1 to 2 hours. When it’s ready, the dough will have doubled in size and will not readily spring back when poked with a finger.
At least 20 minutes before the dough is ready, heat oven to 475 degrees. Put a 6- to 8-quart heavy covered pot (cast iron, enamel, Pyrex or ceramic) in the oven as it heats. When the dough is ready, carefully remove the pot from the oven and lift off the lid. Slide your hand under the towel and turn the dough over into the pot, seam side up. The dough will lose its

shape a bit in the process, but that’s OK. Give the pan a firm shake or two to help distribute the dough evenly, but don’t worry if it’s not perfect; it will straighten out as it bakes. Cover and bake for 30 minutes. Remove the lid and bake another 15 to 20 minutes, until the loaf is beautifully browned. Remove the bread from the Dutch oven and let it cool on a rack for at least 1 hour before slicing.

Blueberry Shredded Wheat Muffins (untested, online source)

1 1/2 c. flour
1/2 c. sugar
3 tsp. baking powder
1 1/4 tsp. salt
1 c. crushed shredded wheat
1 egg, slightly beaten
3/4 c. milk
1/3 c. vegetable oil
1/2 c. blueberries
1 tbsp. lemon juice
Sift together flour, sugar, baking powder, and salt. Stir in cereal. Add egg, milk, and oil. Stir just until dry ingredients are moistened. Fold in blueberries and lemon juice. Fill greased 2 1/2 x 1 1/2 inch muffin pans about 2/3 full. Bake at 400 degrees until done and browned, 18-20 minutes. Yields 12 muffins.

Banana Bread-Perfected Recipe for Our Family

3 sticks of butter

4 cups AP flour

1 1/2 t salt

1 t baking soda (maybe 1/4 t more too)

1 1/2 cups sugar

6 large eggs

6 very ripe bananas

1+cup(s) chopped walnuts

Preheat oven to **350** degrees. Spray/butter **2 loaf pans** and set aside. In mixer, mush around your butter. Add sugar and cream together. Let the mixer go on high until the mixture is very pale yellow and fluffy. Scrap sides of bowl, mix in one egg at a time until combined. Now, against the wisdom of other recipes, I add the bananas here. Also, I put the baking soda and salt in now and mix everything together. Then with the mixer on low, I add one cup of flour at a time just until everything is combined. Toss your walnuts in with that last cup of flour and you at ready for the pans. Pour the batter into the prepared pans and bake for 60-70 minutes or until a toothpick inserted into the center comes out with only a few moist crumbs attached. Set pans on a cooling rack for ten minutes and then remove from pans and continue cooling.

We store our banana bread in the refrigerator for up to a week or pop it in the freezer for a later date!

Banana Quick Bread (untried)

- *3 cups flour*
- *1 teaspoon salt*
- *3 teaspoons cinnamon*
- *1/2 teaspoon baking powder*
- *1 teaspoon baking soda*
- *2 eggs*
- *1 cup oil*
- *2 cups sugar*
- *2 cups mashed bananas**
- *3 teaspoons vanilla*
- *1 cup chopped nuts or seeds (optional)*

Sift together dry ingredients. In separate bowl, beat eggs; add oil and sugar; cream together. Stir in bananas and vanilla. Add dry ingredients; mix well. (Stir in nuts, if using.) Spoon into two well-greased loaf pans. Bake at 325 degrees for 1 hour.

Fasting Bread, Black Beans & Rice, Ash Wednesday

There is a great website I've been visiting now for sometime, but have not cooked any of her dishes. I'm going to try two

of them soon though. She has a recipe for a fasting bread and a Black Bean & Rice recipe that look good.

On Ash Wednesday, fasting in this household means 2 small meals that together do not equal a normal meal and one regular sized meal (for us that is our dinner). I think I'll make the fasting bread on Tuesday so that we can have that for breakfast and lunch on Ash Wednesday. Then fix the black beans & rice for dinner and serve along with some fasting bread.

Banana Chocolate Chip & Walnut Muffins

- 2 cups all-purpose flour
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 4 overripe bananas
- 1 cup brown sugar
- 3/4 cup (1 1/2 sticks) unsalted butter, melted and cooled
- 2 eggs
- 1 teaspoon pure vanilla extract
- 1/2 cup walnuts
- 1/2 cup chocolate chips

Directions

Preheat oven to 375 degrees F and spray 2 muffin tins (20 muffins positions) with cooking spray.

In a large bowl, combine the flour, baking soda, and salt; set

aside. Mash 2 of the bananas with a fork in a small bowl so they still have a bit of texture. With an electric mixer fitted with a wire whisk, whip the remaining bananas and sugar together like you mean it, for a good 3 minutes. Add the melted butter, eggs, and vanilla and beat well, scraping down the sides of the bowl once or twice. Mix in the dry ingredients just until incorporated. Fold in the nuts, chocolate chips and the mashed bananas with a rubber spatula. Spoon the batter into the muffin tins to fill them about a little over halfway.

Bake until a toothpick stuck in the muffins comes out clean, 18 to 20 minutes. Let cool for a few minutes before turning the muffins out. Serve warm or at room temperature.

Zucchini Bread

- 3 1/4 cups all-purpose flour
- 1 1/2 teaspoons salt
- 1 teaspoon ground nutmeg
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 3 cups sugar
- 1 cup vegetable oil
- 4 eggs, beaten
- 1/3 cup water
- 2 cups grated zucchini
- 1 teaspoon lemon juice
- 1 cup chopped walnuts or pecans

Directions

Preheat oven to 350 degrees F. In a large bowl, combine flour, salt, nutmeg, baking soda, cinnamon and sugar. In a separate bowl, combine oil, eggs, water, zucchini and lemon juice. Mix wet ingredients into dry, add nuts and fold in. Bake in 2 standard loaf pans, sprayed with nonstick spray, for 1 hour, or until a tester comes out clean. Alternately, bake in 5 mini loaf pans for about 45 minutes.

Awesome Basic Bread Recipe

1 cup warm water (very hot tap water should be the right temp for the yeast)

1/3 cup sugar

1 package of dry active yeast (or 1 tablespoon)

2 tablespoons of canola oil (or whatever oil you have handy)

3/4 teaspoons salt

2 1/4 cups All-purpose flour

3/4 cup ground flax seed (I just ground a bit of flax seed in my coffee grinder, placed the flax in my one cup measure and finished filling it with flour in order to make a total 3 cups mix of flax and AP flour)

Using a bread machine.

1. Dissolve sugar in warm water and stir in yeast. Mixture should stand about 15 minutes (until creamy foam appears). Put into bread machine pan and add oil. Swish around to mix

them together.

2. Add flour & flax seed on top, and salt on top of the flour. Set machine to dough setting and start.

3. When dough is made and has risen the first time (the bread machine should beep to tell you when the dough setting is complete), take it out of the bread machine pan and work it lightly in your hands to get the air bubbles out. I just cover my hands with flour then pick up the dough and work it lightly on the counter for a few moments.

4. Form into a loaf and put in a greased loaf pan. Cover and let rise in a warm place about 30-45 minutes, until almost doubled in size.

5. Bake at 350 degrees for 25-30 minutes, or until done. If loaf is browning too quickly, cover top loosely with foil. When bread is finished, take it out of the oven and allow it to set for 5 minutes. Remove from pan, place on wire rack, and cover until loaf is cool.