

Blarney Castle Soda Bread

SOURCE: STLtoday.com (Sheila Rhoades)

INGREDIENTS:

1 C raisins or other dried fruit (or more to taste)
4 C all-purpose flour
1 C granulated sugar
1 1/2 tsp baking soda
1 tsp baking powder
1/2 tsp salt (see note)
1 tsp caraway seeds
1/2 C (1 stick) unsalted butter, at room temperature
3 eggs, at room temperature
1 1/2 C buttermilk

DIRECTIONS:

Preheat oven to 350° F. Grease/flour a bundt pan. Place raisins in saucepan - cover with cold water - bring to rolling boil, then immediately remove from heat and drain. Set aside.

In large bowl, combine flour, sugar, baking soda, baking powder, salt + caraway seeds - whisk to combine - add butter - incorporate into dry ingredients, using an electric mixer on low speed.

Whisk eggs to combine, then whisk in buttermilk - add to flour mixture - mix on low speed till well combined - fold in raisins - scrape batter into pan - bake 50 minutes or till golden.

Let cool in pan on wire rack 15 minutes, then remove from pan. Let cool completely before slicing. If desired, toast slices in oven or toaster oven. Serve with butter.

Note: If you use salted butter, omit the 1/2 tsp salt.

Yield: About 20 slices

PER SLICE: 211 calories; 6g fat (26% of calories from fat); 3g saturated fat; 49mg cholesterol; 4.5g protein; 35.5g carbohydrate; 11g sugar; 1g fiber; 200mg sodium; 46mg calcium; 120mg potassium.