

Irish Soda Bread

- 1 cup low fat (1.5%) buttermilk
- 2 tablespoons + 2 teaspoons honey
- 1½ cups + 1 tablespoon all purpose flour (reserve the 1 Tblsp.)
- ½ cup whole wheat flour
- ½ cup dried currants
- 2 teaspoons caraway seeds
- 2 teaspoons lemon zest
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon granulated sugar

Directions:

Preheat oven to 350 degrees. Spray baking sheet with nonstick cooking spray.

In a small bowl, combine buttermilk and honey. In a larger bowl, combine all purpose flour, whole wheat flour, currants, caraway seeds, lemon zest, baking soda and salt.

Add milk mixture to flour mixture and stir just until flour disappears; do not overblend. Sprinkle work surface with 1 tablespoon reserved flour; turn dough out onto prepared work surface, flour hands and knead lightly seven times. Form into a 7" round loaf and place on prepared baking sheet. Slash a cross on the top with a sharp knife or single edge razor blade; sprinkle with the sugar and bake in upper third of oven about 40 to 45 minutes, or until nicely browned, and a toothpick inserted near center comes out clean. Cool on rack; serve at room temperature.

MAKES 10 SERVINGS

PER SERVING: 3 POINTS / 146 calories, 4 g. protein, 1 g. fat, 31 g. carbohydrate, 263 mg. sodium, 2 mgs. chol., 2 g. fiber

Brown Soda Bread

Yields: 12 servings ... Serving size: 2 slices

POINTS® value per serving: 2

Ingredients

- 3 cups all-purpose flour
- 1 cup whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1½ cups fat-free buttermilk

Directions:

1. Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.
2. Combine the all-purpose flour, whole-wheat flour, baking soda, and salt in a large bowl. Add the buttermilk and stir with a wooden spoon until just moistened. Gather the mixture into a ball. On a lightly floured surface, knead the dough 2-3 times. Divide the dough in half, and press into 2 (1½-inch thick) disks. Transfer to the baking sheet. With a sharp knife, cut an X over the surface of each loaf.
3. Bake until golden brown and a toothpick inserted in the center comes out clean, about 45 minutes. Transfer the loaves to a rack to cool completely. Cut each loaf into 12 slices.

Chef's Tip: The traditional method of storing Irish soda bread is still the best. Wrap the completely cooled loaf in a clean tea towel and keep at room temperature. Soda breads can be kept this way for up to two days.

Per serving (2 slices): 110 Calories, 0 g Fat, 0 g Saturated Fat, 0 mg Cholesterol, 12 mg Sodium, 22 g Carbohydrate, 1 g Fiber, 4 g Protein, 29 mg Calcium.