



Mrs. McDonough's

Irish Soda Bread

"Being Irish, he had an abiding sense of tragedy that sustained him through periods of joy."

W.B. Yeats

INGREDIENTS

- 2 ½ cups flour
- 2 tsp baking powder
- 1 tsp salt
- ½ tsp baking soda
- ¼ cup butter or margarine, at room temperature
- ½ cup sugar
- 1 egg, slightly beaten
- 1 ½ cups buttermilk, at room temperature
- 1 cup raisins
- 2 tsp caraway seeds (optional)

Pre-head oven to 350 degrees.

Sift together flour, baking powder, salt, and soda. Set aside. Combine cream, butter, and sugar. Add the beaten egg and buttermilk. Blend well. Add liquid mixture to dry ingredients and mix by hand until well moistened. Fold in raisins and caraway seeds.

Pour into a greased 1 1/2 quart glass casserole dish. Brush top generously with melted butter, then sprinkle sugar on top. Bake in pre-heated oven at 375 degrees for 30 minutes. Reduce temperature to 325 degrees and bake an additional 30 minutes.

Bread is cooked when a knife inserted in the middle comes out clean. Serve warm with the following glaze (optional).

GLAZE

- 1/3 cups butter
 - 2 cups confectioners sugar
 - 2 to 4 tbsp hot water
 - 1 ½ tsp vanilla
- Melt butter in saucepan. Blend in sugar and vanilla. Stir in water, 1 tablespoon at a time until glaze is of proper consistency.

Serve with lots of butter.

Next day, bread may be sliced and toasted.

Enjoy!

COURTESY OF DOLLEY CARLSON, AUTHOR, THE RED COAT - A NOVEL OF BOSTON

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