



Perfectly Moist Irish Wheaten Bread

Jacob · 28/09/2024



Prep Time

1 hr 15 mins

Difficult

Medium

Servings

10

Description

This Irish wheaten bread is so easy to make and comes out perfectly every time. My husband, a native Northern Irishman, loves this bread with a bowl of tomato and lentil soup or with butter and cheese or jelly. I hope you will enjoy it too.

Ingredients

- - cooking spray - 2 $\frac{3}{4}$ cups whole wheat flour - 1 cup bread flour - 3 teaspoons white sugar
- divided - 1 $\frac{1}{4}$ teaspoons salt - 1 $\frac{1}{4}$ teaspoons baking soda - $\frac{1}{4}$ cup margarine - 2 cups buttermilk - $\frac{1}{4}$ cup vegetable oil - 1 tablespoon buttermilk

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Spray a shallow baking pan with cooking spray. Sift both flours
2. 2 teaspoons sugar
3. salt
4. and baking soda together into a bowl. Cut in margarine until mixture resembles coarse crumbs. Make a well in the center of the mixture and pour in 2 cups buttermilk and oil; stir with a spatula until dry mixture is completely moistened. Transfer dough to a lightly floured surface and knead gently for no more than 1 minute. Place dough into the prepared pan; pat down and around to form a round loaf. Cut a cross in the top of the loaf with your finger. Brush the top with 1 tablespoon buttermilk
5. then sprinkle with 1 teaspoon sugar. Bake in the preheated oven for 30 minutes. Reduce the heat to 375 degrees F (190 degrees C)
6. then rotate the pan and bake for 30 more minutes. Remove from the oven and let cool on a wire rack before slicing.