

IRISH BROWN SODA BREAD

YIELD: About 10 slices | TIME: 15 minute prep + 35 minute bake



WHAT YOU NEED:

DOUGH:

240 grams Whole-wheat flour
140 grams All-purpose flour
12 grams (2 teaspoons) Granulated sugar
7g grams (1 1/2 teaspoons) Baking soda
7 grams wheat germ (optional)
6 grams (1 teaspoon sea) Salt
40 grams Rye (or whole-wheat) flour
80 grams Boiling water
363 grams (1 1/2 cups) Buttermilk
15 grams (1 tablespoon) Vegetable oil

TOOLS

[Baker's Scale](#)
[Mixing Bowls](#)
Whisk
Spatula
Blender (or Immersion Blender)
[Parchment Paper](#)
[Walnut Bench Knife](#)
[Challenger Bread Pan](#)
Wire Rack

PREPARATION:

STEP 1: MAKE THE DOUGH

Preheat your oven to 425°F/204°C with your Challenger Bread Pan® inside. Whisk together 240g whole-wheat flour, 140g all-purpose flour, 12g sugar, 7g baking soda, 7g wheat germ (if using), and 4g salt, set aside until ready to use. Place a sheet of Pre-Cut Parchment on the side of your work space to use during step 3.

STEP 2: MAKE THE RYE SCALD

Place 40g rye flour in a large bowl and cover with 80g boiling water. Stir mixture together with a rubber spatula until a thick paste forms. Transfer paste to the bowl of a blender along with 363g buttermilk and 15g vegetable oil. Blend on medium-low speed until uniform, then transfer the mixture back to the bowl.

STEP 3: MAKE THE BATTER

Using a dough whisk or rubber spatula, stir the dry ingredients into the buttermilk mixture until just combined and no dry flour remains. Using a flexible dough scraper or rubber spatula, form the dough into a round ball at the bottom of the bowl, then transfer it to the center of the parchment. Using lightly-moistened hands, gently round and smooth the dough into an even, tall 10-inch wide round (do not press down on the dough). Using the moistened edge of a scraper, gently score a 1/2-inch -deep cross into the top of the loaf.

STEP 4: BAKE

Transfer the loaf on the parchment to the Challenger Bread Pan and cover it with the lid. Reduce oven temperature to 400°F/205°C. Bake soda bread, covered, until golden brown, about 30 minutes. Remove lid and continue to bake for an additional 5 minutes.

Remove loaf from your Bread Pan and allow to cool for 30 minutes before slicing and serving.

Enjoy warm with salted butter and marmalade, or salted butter and a bowl of soup. This soda bread is best consumed on the day it is made, though it will toast up nicely for up to 3 days.

