

## **Irish Soda Bread:**

4 cups all-purpose flour  
1 cup granulated sugar  
1 tablespoon baking powder  
1/2 teaspoon salt  
1/2 cup (1 stick) butter, room temperature  
1 cup raisins  
3 small eggs  
3/4 cup milk or buttermilk

## **Instructions:**

Preheat oven to 350 degrees. Lightly grease a baking sheet and set aside.

Into a large bowl, sift together the flour, sugar, baking powder and salt. Using 2 knives held together or a pastry blender, cut in the butter until the mixture resembles coarse meal. Stir in the raisins.

In a small bowl, beat the eggs and milk and pour over the dry ingredients. Stir lightly with a fork or large spoon until most of the dry ingredients are moistened, then stir the mixture with your hands. Almost squeeze the dough between your fingers. Mix until all ingredients are well-combined and the dough is a yellowish color. The texture will be pasty and sticky. If it feels too dry, you can add a bit more milk.

Separate the dough into 2 clumps. Shape into balls and place on the prepared cookie sheet, near opposite corners. Bake for 45 to 55 minutes, or until a toothpick inserted in the center comes out clean and the crust is golden brown.

## **Nutrition:**

Per serving: 260 calories (percent of calories from fat, 25), 5 grams protein, 44 grams carbohydrates, 1 gram fiber, 7 grams fat (4 grams saturated), 56 milligrams cholesterol, 237 milligrams sodium.