

# Soda Bread

Vegan Latina (<http://veganlatina.com/broken-oven-creates-a-knead-for-old-fashioned-soda-bread/>)

30 to 40 minutes – Makes 4 to 8 servings



## Ingredients

- 1 ½ cup White Whole Wheat Flour (or Whole Wheat Pastry flour or Graham flour)
- 1 cup Unbleached All-Purpose Flour (+ additional flour for dusting ~ $\frac{1}{8}$  cup)
- 1 ½ teaspoons baking soda
- $\frac{3}{4}$  teaspoon salt
- 1  $\frac{1}{3}$  cup plain soy milk or almond milk
- 1 Tablespoon Apple Cider Vinegar
- 1 cup dried currents
- 1 rounded Tablespoon caraway seeds

## Preparation

1. Cover cast iron Dutch Oven with a lid and preheat over a medium-high flame for at least 15 minutes. If available, use a heat diffuser plate, placed underneath the Dutch oven.
2. In a large measuring cup, whisk together milk and apple cider vinegar. Set aside to curdle for 2 minutes.
3. In a large mixing bowl, sift/stir together both flours, baking soda, and salt.
4. Form a well in the flour, add curdled milk, currents, and caraway seeds. Only stir just enough to moisten ingredients. Dough will be slightly sticky.
5. Generously flour a work surface and drop dough onto the flour. Gently pat the dough into a circle, carefully flip over a few times to coat generously with flour. Pat sides with a little additional flour.
6. Use a sharp knife to slice a deep X into the top of the dough, at least 5 inches long and 2 inches deep. Uncover Dutch oven and carefully place dough in oven and cover. BEWARE of HOT SIDES.
7. Bake 20 to 25 minutes, until dough has doubled in size and feels firm to the touch.
8. Uncover and using a long handled spatula and oven mitts, carefully flip over the bread and bake uncovered for 5 to 10 minutes. This will lightly toast the top of the loaf.
9. Remove bread, transfer to a cooling rack and cool for 5 minutes before slicing. Serve warm. Wrap leftovers lightly and reheat before serving.

## Cooking Utensils/Items

- Dutch Oven with Lid
- Heat Diffuser Plate
- Cooking Spary
- Large Bowl
- Large Cutting Board (work surface)
- Spatula
- Measuring Cups and Spoons
- Cooling Rack

### Substitutions:

- *Buttermilk, 2% Milk, Whole Milk*
- *Raisins, dried Cranberries*
- *Fennel Seeds, or your choice of spice*

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## Meal Planning & Budgeting

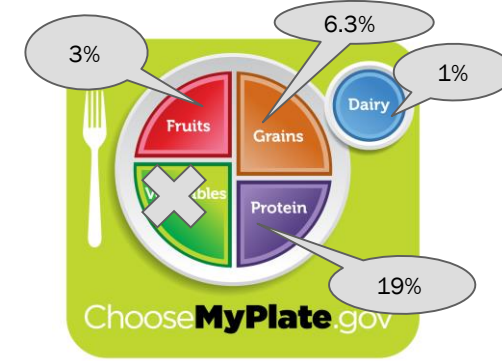
Makes 4 to 8 servings

### Ingredients

### Shopping List

### Costs (approximations)

### Nutritional Information Per Serving



- 1 ½ cup White Whole Wheat Flour (or Whole Wheat Pastry flour or Graham flour)
- 1 cup Unbleached All-Purpose Flour (+ additional flour for dusting ~<sup>1</sup>/<sub>8</sub> cup)
- 1 ½ teaspoons baking soda
- <sup>3</sup>/<sub>4</sub> teaspoon salt
- 1 1/3 cup plain soy milk or almond milk
- 1 Tablespoon Apple Cider Vinegar
- 1 cup dried currents
- 1 rounded Tablespoon caraway seeds

- 5 lb bag White Whole Wheat Flour
- 2 lb bag All-Purpose Flour
- 1 lb box Baking Soda
- ½ gallon Soy Milk
- 16 oz Apple Cider Vinegar
- 8 oz Sun Maid Zante Currents
- 0.9 oz Whole Caraway Seeds

- \$5.95
- \$1.68
- \$0.85
- \$3.19
- \$1,09
- \$3.59 (9 oz Raisins = \$2.48)
- \$3.59 (2.37 oz Cinnamon = \$2.49)
- TOTAL RECIPE COST = ~\$17 to \$20**

<b>PER Serving (based on 8)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Protein (g)</b>	<b>Calories</b>
White Whold Wheat Flour	0.38	16.50	3	75
All Purpose Flour	-	11	1.50	50
2% Milk	0.80	1.90	1.34	20.33
Raisins	-	15.50	0.50	60
Cinnamon	0.01	0.35	0.02	1.13
<b>TOTAL</b>	<b>2%</b>	<b>16%</b>	<b>19%</b>	<b>~207</b>