

# Irish Soda Bread with Grated Orange Zest

Ina Garten



Servings: 12

Yield: 1 loaf

*4 cups all-purpose flour, plus extra for currants*

*4 tablespoons sugar*

*1 teaspoon baking soda*

*1 1/2 teaspoons kosher salt*

*4 tablespoons cold unsalted butter (1/2 stick)*

*cut into 1/2-inch dice*

*1 3/4 cups buttermilk, cold, shaken*

*1 whole extra large egg, lightly beaten*

*1 teaspoon orange zest, grated*

*1 cup dried currants*

*Works just as well as a bread with dinner, or with soup, or as toast with your morning breakfast. Whatever you do, eat it up within about 24 hours (or freeze it) because it does stale rather quickly.*

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Per Serving (excluding unknown items): 257  
Calories; 5g Fat (17.6% calories from fat); 7g  
Protein; 47g Carbohydrate; 2g Dietary Fiber;  
32mg Cholesterol; 386mg Sodium. Exchanges: 2  
Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-  
Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

**An Ina Garten recipe - wonderful texture.**

**From Carolyn T's Food Blog, Tasting Spoons: <http://tastingspoons.com>**

1. Preheat the oven to 375 degrees F. Line a sheet pan with parchment paper.
2. Combine the flour, sugar, baking soda, and salt in the bowl of an electric mixer fitted with the paddle attachment. Add the butter and mix on low speed until the butter is mixed into the flour.
3. With a fork, lightly beat the buttermilk, egg, and orange zest together in a measuring cup. With the mixer on low speed, slowly add the buttermilk mixture to the flour mixture. Combine the currants with 1 tablespoon of flour and mix into the dough. It will be very wet.
4. Dump the dough onto a well-floured board and knead it a few times into a round loaf. Place the loaf on the prepared sheet pan and lightly cut an X into the top of the bread with a serrated knife. Bake for 45 to 55 minutes, or until a cake tester comes out clean. When you tap the loaf, it will have a hollow sound.
5. Cool on a baking rack. Serve warm or at room temperature.