

Irish Brown Bread

Adapted from in Deborah Krasner's [From Celtic Hearths](#) cookbook.

4 cups WW flour (I like white WW flour from Trader Joe's)
1 cup white flour
½ cup of rolled oats (I've also used instant cook steel-cook oats and it came out fine)
1 ½ teaspoon baking soda
1 teaspoon sea salt
2-3 cups of buttermilk or a mix of regular milk and plain yogurt

1. Preheat oven to 475. Lightly oil a large cookie sheet or half-sheet pan (cooking spray is fine, as are silicone non-stick sheets)
2. In a large bowl or stand mixer combine flours, oats, baking soda and salt. Mix
3. With hand or stand mixer on a low speed gradually beat in 2 cups of the buttermilk or milk/yogurt. The dough should be able to hold its shape but not be too stiff. Don't overwork it.
4. Turn onto a floured surface and knead it for a minute or two.
5. Divide into three equal rounds (a scale is the best way to get uniform size). Fit them onto the prepared baking sheet and use a sharp knife to score an X into each one.
6. Bake for 15 minutes, then reduce heat to 400° and bake for 15 to 20 minutes. They're done when they are equally browned and sound hollow when you rap on the bottom.

The recipe makes 3 small loaves. I keep one to eat and freeze or share the others, or I half the recipe and make one larger loaf. My experience is that yogurt doesn't add the same amount of moisture as an equal amount of milk so I prefer a combination of the two.