

Irish Soda Bread

Tradition, at its best!

Original Recipe

Revised Recipe

<i>Ingredient</i>	<i>Calories</i>	<i>Ingredient</i>	<i>Calories</i>
4 C White Flour	1600	3 C White Flour	1200
1 C Oat Bran	450	Omitted	0
3/4 t. Baking Soda	0	1 t. Baking Soda & 2 t. Baking Pwdr.	0
1 t. Salt	0	1 t. Salt	0
1/4 C Sugar	193	2 1/2 t. White Sugar Substitute	0
1/4 C Butter	400	1/4 C Low fat Oleo (5 fat gr.)	200
1 Egg, beaten	75	1/4 C Egg Substitute	30
1 1/2 C Buttermilk	180	1 C Buttermilk + 3 T. Water	120
3/4 C Raisins	360	1/2 C Raisins	240
1/2 t. Butter to prepare pan	17	Butter flavored Cooking Spray	0
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Total Original Calories	3,275	Total Revised Calories	1,790
Slices/Loaf	8	Slices/Loaf	8
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Calories per Slice	409	Calories per Slice	224

Calorie Reduction 45%

Directions Combine first 5 ingredients in large bowl. Drop oleo by small pieces into flour and cut in with pastry blender or fork. Stir in the raisins evenly and make a well. Combine egg subst., water & milk and pour into well. Mix with a wooden spoon until most of the flour is taken up. With well-floured hands, bring dough together in a ball and knead on a lightly floured surface. Shape dough into a cake and place in a sprayed 8" round baking tin. Make an "x" across the top with a sharp knife. Bake at 350° for 45 minutes. Remove cake from oven, cover top loosely with foil and continue baking for another 20-25 minutes.

Pan Scan When it comes to Soda Bread, there are scads and scads of versions to choose from. All of which, are notably diverse between the measure of ingredients used in them, as well as the types of pans used to bake them in. (And there is little correlation between the amount of ingredients called for and the size of the pan used.) Pan size varies from 7" to 9" rounds, medium to large loaf tins and 10" to 11" cast iron skillet. Equally variable is the range of suggested servings per recipe, whether it be via slice or wedge anywhere from: 6, 8, 9, 12 or 16. (16!?! The end slice of a 16th is a morsel in this cookbook - especially when it's cut from a round loaf.) The moral of the story is, *the type of pan you bake your soda bread in, depends solely upon how small you want your end to be!*