



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Brown Soda Bread (adapted slightly from Bon Appetit via epicurious.com)

I toasted the wheat germ, wheat bran, and for good measure, the oats, in a small skillet over medium heat until they smelled nutty, which took just a couple of minutes.

1¾ cups (8.4 ounces) all-purpose flour
1¾ cups whole wheat flour
3 tablespoons toasted wheat bran
3 tablespoons toasted wheat germ
2 tablespoons old-fashioned oats
2 tablespoons (packed) dark brown sugar
1 teaspoon baking soda
1 teaspoon salt
2 tablespoons (¼ stick) chilled unsalted butter, cut into pieces
2 cups (about) buttermilk

1. Adjust a rack to the middle position and heat the oven to 425°F. Line a baking sheet with parchment paper or a silicone baking mat.
2. In a large bowl, combine the flours, bran, wheat germ, oats, brown sugar, baking soda, and salt. Rub the flour into the dry ingredients until the mixture resembles fine meal. Stir in enough buttermilk to form a soft dough. Knead the dough slightly to form a cohesive mass and transfer it to the prepared pan. Shape into a round, then, using a bread knife, cut two 1-inch-deep slashes into the dough, forming a cross.
3. Bake until the loaf is dark brown and a toothpick inserted into the center comes out clean, about 40 minutes. Remove the bread from the pan to a cooling rack and let it cool about 30 minutes before serving.