

# Traditional Irish Soda Breade

From Baroness Mistress Kathryn Goodwyn  
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4-5 cups flour	1 egg (well beaten)
½ cup blondes (light raisons)	½ cup raisons
3 tsp. baking powder	¼ cup soured milk (or butter milk)
2 tbs. butter	½ cup sugar
¼ tsp. salt	1 tbs. caraway seeds

Blend butter, flour, baking soda and salt. Add remaining ingredients and turn onto the counter and knead for a couple of minutes. Shape into a ball and place into a well greased cookie sheet or pie pan. Cut a cross on top and bake at 375° for 45 to 50 minutes.

## **Sideboard:**

I received this recipe many years ago from a SCA gentle in Carolingia of Irish heritage. I'm not sure why it has baking powder instead of salt. Brave cooks may want to experiment. The cross in the top helps the breade to cook through and I have had problems if I forgot to do this, resulting in an under cooked breade.