



Oatmeal Soda Bread



Vegetarian



Popular

READY IN



55 min.

SERVINGS



8

CALORIES



286 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 170 g old fashioned rolled oats
- ☐ 290 g all purpose flour for dusting plus more
- ☐ 2 teaspoons baking soda
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon kosher salt
- ☐ 350 ml buttermilk
- ☐ 1 eggs lightly beaten
- ☐ 8 servings butter for greasing the pan

Equipment

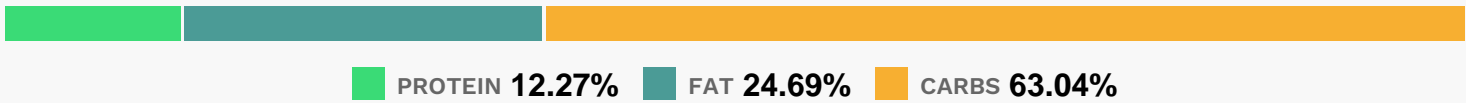
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ wooden spoon
- ☐ kitchen towels

Directions

- ☐ Preheat oven and grind the oats: Preheat oven to 450°F.
- ☐ Place oats in a food processor and pulse until finely ground.
- ☐ Whisk together dry ingredients: In a large bowl, vigorously whisk together the finely ground oats, flour, baking soda, sugar, and salt.
- ☐ Make the soda bread dough: Stir the buttermilk and egg together. Make a well in the middle of the flour mixture and pour in the buttermilk egg mixture.
- ☐ Gently fold the surrounding flour over the buttermilk with a wooden spoon. Continue to gently fold until just combined. Do not over mix! The dough should look very shaggy. It should be on the moist side.
- ☐ If it is too wet to handle, add a little more flour. If too dry, add a little more buttermilk.
- ☐ Place dough on a lightly flour dusted surface. Knead one or two times only, and form into a mound shape. Grease a large cast iron frying pan with a little butter and place the dough in the center. (If you don't have a cast iron frying pan, just put on a greased baking sheet that can take high heat.)
- ☐ Score the center of the dough in a cross shape with a sharp knife, making 1 1/2 inch deep cuts.
- ☐ Place in the oven and bake for 15 minutes at 450°F (230 °C). Then lower the oven temperature to 400°F (205°C) and cook for 25 minutes more.

- ☐ To test if the bread is done, take it out of the oven, turn it over and knock on the bottom. If it sounds hollow, it's done.
- ☐ Remove pan from oven and let sit for 10 minutes. Note, take care with the hot handles of the cast iron pan! I never leave this one to chance (after having burned myself pretty badly once picking up a hot pan), and I rub an ice cube over the hot handle to cool it down, so that someone doesn't inadvertently pick up the pan by the handle.
- ☐ Remove bread from pan and let cool further on a wire rack for another 15 minutes or so. The bread is best if eaten within hours of baking.
- ☐ Serve with butter and jam. If saving for later, wrap in a slightly damp clean tea towel.

Nutrition Facts



Properties

Glycemic Index:33.26, Glycemic Load:25.93, Inflammation Score:-5, Nutrition Score:11.739565299905%

Nutrients (% of daily need)

Calories: 285.64kcal (14.28%), Fat: 7.79g (11.98%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 44.76g (14.92%), Net Carbohydrates: 41.63g (15.14%), Sugar: 3g (3.33%), Cholesterol: 36.09mg (12.03%), Sodium: 652.85mg (28.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.42%), Manganese: 1.02mg (51.13%), Selenium: 21.82µg (31.17%), Vitamin B1: 0.41mg (27.04%), Folate: 78.09µg (19.52%), Vitamin B2: 0.32mg (18.55%), Phosphorus: 176.09mg (17.61%), Iron: 2.7mg (14.99%), Fiber: 3.13g (12.5%), Vitamin B3: 2.42mg (12.12%), Magnesium: 42.51mg (10.63%), Zinc: 1.27mg (8.48%), Copper: 0.15mg (7.53%), Calcium: 71.99mg (7.2%), Vitamin B5: 0.66mg (6.55%), Potassium: 184.49mg (5.27%), Vitamin D: 0.69µg (4.58%), Vitamin A: 227.88IU (4.56%), Vitamin B12: 0.26µg (4.36%), Vitamin B6: 0.06mg (3.13%), Vitamin E: 0.32mg (2.11%)