



Irish Treacle Bread



- 500 grams or 1 pound plain flour (sieved)
- 2 Tablespoons treacle (molasses)
- 1/2 pint buttermilk or cow's milk (approx)
- 2 teaspoons cream of tartar
- 1 teaspoon soda
- 2 ounces raisins or sultanas

Pre-heat oven to 400 F. Lightly dust a flat baking sheet with flour. Leave the tin of treacle in a bowl of warm water for a few minutes, this will help soften treacle and make it easier to spoon out of tin. Heat the treacle and buttermilk in a low heat just slightly warm.

Mix all dry ingredients together in a bowl. Add sufficient liquid to mix, to a soft dough then onto a floured surface and lighting knead.

Shape into a round circle, place onto the flat baking sheet and make a cross on top of dough with a knife. Place into pre-heated oven and bake for about 40 minutes.

Treacle bread is a traditional Irish favourite. When baked the bread will have a hollow sound if tapped on the base. Cool on wire tray for 5 minutes. Then get a clean, dry tea towel and wrap the treacle bread up in it; this will help to give a softer crust on your bread..