

Irish Brown Bread

Submitted by Gráinne Griffin

2 cups all-purpose flour (unbleached is best)	¼ cup granulated sugar	(to make sour milk put 2 tablespoons of vinegar and add enough milk to measure 2cups)
1½ cups whole wheat flour	1½ teaspoons baking soda	
½ cup natural bran (unprocessed)	1½ teaspoons salt	¼ cup of cooking oil (I like to use extra virgin olive oil)
	2 cups of buttermilk or sour milk	

Grease a 9x5x3 inch loaf pan you may flour it too, do not forget shake off excess flour.

Preheat oven to 350F.

Combine flours, bran, sugar, baking soda, and salt.

Make a well in the center.

Pour in buttermilk and oil.

Stir just to moisten (I like to use a large spoon) do not over handle the mixture keeping everything cool is the goal.

Place in loaf pan.

Bake for one hour.

Remove from pan to cool and place on wire rack.

Enjoy!

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