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Everything. HERBAL

by Cheryl Jabz

Faith • Herbs • Health



IRISH SODA BREAD



Simple • Hearty • A Taste of Ireland

Made with
Herbs
and
Irish Tradition



HERBS & THEIR BENEFITS



CARAWAY SEEDS

Aids digestion and helps reduce bloating; adds a warm, earthy flavor.



THYME

Supports immune health and adds earthy depth to breads.



PARSLEY

Rich in antioxidants and vitamins; enhances flavor and freshness.



ROSEMARY

Improves circulation and digestion; adds aromatic flavor.

RECIPE HIGHLIGHTS



A traditional Irish staple made with simple, wholesome ingredients.



No yeast needed—quick and easy to make.



Perfect for breakfasts, soups, or holiday meals like St. Patrick's Day.



Best enjoyed warm with butter or hearty spreads.

INGREDIENTS

- 4 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp salt
- 1/4 cup sugar (optional)
- 4 Tbsp cold butter, cut into small pieces
- 1 3/4 cups buttermilk
- 1 large egg
- 1 cup raisins or currants (optional)
- 1 tsp caraway seeds (optional, traditional)
- 2 Tbsp rolled oats (optional, for topping)
- 1 Tbsp milk (for brushing top, optional)

DIRECTIONS

1. **Preheat Oven:** Preheat oven to 375°F (190°C). Grease a baking sheet or line it with parchment paper.
2. **Mix Dry Ingredients:** In a large bowl, whisk together flour, baking soda, salt, and sugar (if using).
3. **Cut in Butter:** Add cold butter and rub or cut it into the flour until the mixture resembles coarse crumbs.
4. **Add Wet Ingredients:** In a separate bowl, whisk together buttermilk and egg. Pour into the dry ingredients and stir with a wooden spoon until a soft dough forms.
5. **Add Mix-ins:** Gently fold in raisins (if using) and caraway seeds (if using). Do not overmix; the dough will be sticky.
6. **Shape the Dough:** Turn the dough out onto a floured surface. Shape it into a round loaf, about 7–8 inches across and 2 inches high. Place on the prepared baking sheet.
7. **Cut the Top:** Using a sharp knife, cut a deep "X" into the top of the loaf. This helps the bread bake evenly and is traditional in Irish soda bread.
8. **Optional Topping:** Brush the top with a little milk and sprinkle with rolled oats for a rustic look.
9. **Bake:** Bake for 45–50 minutes, or until the bread is golden brown and sounds hollow when tapped on the bottom.
10. **Cool:** Let cool on a wire rack for at least 15 minutes before slicing.
11. **Serve:** Enjoy warm with butter, jams, or alongside your favorite Irish meal!

Sláinte! (Cheers in Irish!)

Luke 11:42 (KJV)

“...ye tithe
mint and rue
and all manner
of herbs...”

MADE WITH SIMPLE INGREDIENTS



FLOUR



BUTTER



BUTTERMILK



EGG



RAISINS



CARAWAY SEEDS



SALT



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NATURAL INGREDIENTS



FAITH INSPIRED



HERBAL LIVING



MADE WITH LOVE

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