

Irish Guinness Brown Bread

Ina Garten recipe



Servings: 12

NOTE: If you use King Arthur Flour, the batter may be thicker - suggestion to use the larger quantity of stout - the batter needs to be very loose - not as loose as pancake batter, but not sturdy enough to roll out and knead, for instance. But this dough isn't kneaded anyway.

1. Preheat the oven to 450°F.
2. In a large bowl, combine the oats, whole wheat flour, all-purpose flour, brown sugar, baking soda, baking powder, and salt. In a separate bowl, whisk together the beer, buttermilk, melted butter, and vanilla. Make a well in the dry ingredients and pour the wet ingredients into the well. With your fingers, stir the batter from the middle of the bowl to the outside, until it's well mixed. It will look more like cake batter than bread dough.
3. Brush a 9 x 5 x 2 1/2-inch loaf pan with melted butter. Pour the batter into the pan and sprinkle the top with oats. Put the bread in the oven, immediately turn the temperature down to 400°F, and bake for 45 minutes, until a toothpick comes out clean (mine took 55 minutes to reach 200°F). Turn the bread out onto a baking rack and allow to cool completely. Slice and serve with salted butter, preferably Kerry Gold!

1 cup oatmeal, NOT quick cooking type, but use McCann's, plus extra for sprinkling
2 1/4 cups whole wheat flour, such as Heckers
1/4 cup all-purpose flour
1/2 cup dark brown sugar, lightly packed
2 1/4 teaspoons baking soda
1 teaspoon baking powder
2 teaspoons kosher salt
11 ounces Guinness stout (11- to 12-ounce) at room temperature
1 cup buttermilk, shaken
1 teaspoon vanilla extract
5 tablespoons unsalted butter, melted, plus extra for brushing the pan
serve with salted butter such as Kerry Gold

Per Serving (excluding unknown items): 175 Calories; 2g Fat (8.6% calories from fat); 5g Protein; 35g Carbohydrate; 4g Dietary Fiber; 1mg Cholesterol; 623mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com