

Margaret Hickey's Irish Brown Bread

Yield 1 loaf

Ingredients

- 3 cups extra coarse wholemeal flour
- 1 cup oat bran
- 3 tablespoons wheat germ
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 3 teaspoons baking powder
- 1 egg, beaten
- 2 cups milk

Method

- 1. Combine first seven ingredients and fluff together with hands to mix in the baking soda and baking powder completely.
- 2. Add egg and milk and stir to combine until it has the consistency and appearance of oatmeal.
- 3. Spray and flour a 9" round baking pan. Pour in batter and score the top with a cross. ("You're wishing the bread well as it goes into the oven," says Margaret.)
- 4. Bake at 380 degrees for one hour. Cool on a rack completely before cutting. Can be kept out for a day or two, but otherwise needs to be refrigerated or frozen.