

Irish Potato Bread

Potatoes USA

"Boxty" is practically a national dish in Ireland. It can be served as a potato pancake, a dumpling or, as here, in a crunchy soda bread. And for a little extra fun this March 17th, serve this Irish Potato Bread along with corned beef and cabbage and a frothy green beer.

☆☆☆☆☆ No ratings yet



PREP TIME		COOK TIME
25 mins		1 hr 30 mins
COURSE	CUISINE	SERVINGS
Bread	Irish	16

INGREDIENTS

- 2 Large Alsum russet potatoes $\frac{3}{4}$ pound
- 1 Large Egg
- 1 Large Egg white
- $\frac{1}{3}$ Cup Canola oil plus additional for greasing the baking sheet
- $\frac{3}{4}$ Cup Fat-free milk
- 2 Tablespoons Minced chives (or the green part of a scallion)
- 1 Teaspoon Caraway seeds
- 3 $\frac{1}{4}$ Cup All-purpose flour plus additional for dusting and kneading
- 1 $\frac{1}{2}$ Tablespoon Baking powder
- 1 Teaspoon Salt

INSTRUCTIONS

1. Bring 1 inch of water to a boil over high heat in a vegetable steamer or a large saucepan fitted with a portable vegetable steamer. Peel one potato and cut into eighths; steam the pieces until tender when pierced with a fork, about 15 minutes. Rice or mash pieces in a large bowl; set aside to cool for 15 minutes.
2. Position the rack in the center of the oven; preheat the oven to 375°F. Lightly oil a large baking sheet with canola oil dabbed on a paper towel.
3. Peel the other potato and grate it through the large holes of a box grater. Squeeze of any excess moisture; add to the riced or mashed potatoes.
4. Stir in the egg, egg white, oil, milk, chives, and caraway seeds until fairly smooth. Add 3 $\frac{1}{4}$ cups flour, baking powder, and salt; stir with a wooden spoon until the mixture forms a soft but sticky dough.
5. Lightly flour a clean work surface as well as your cleaned and dried hands. Turn the dough out onto the floured surface and knead for 1 minute, adding flour in 1-tablespoon increments to keep the dough from turning too sticky. Too much flour and the dough turns tough; it should remain a little tacky but workable. Shape into an 8-inch circle, flatten slightly keeping the loaf mounded at its center, and place on the prepared baking sheet. Use a sharp knife to slash an X in the top of the dough, cutting into dough about $\frac{1}{2}$ inch.
6. Bake until golden brown, firm to the touch, and somewhat hollow sounding when tapped, about 55 minutes. Cool 1 hour on a wire rack before slicing and serving.