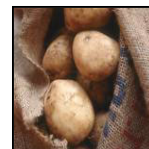


A Taste of Mourne



Irish Stout Wheaten Bread

Recipe created by Barry Smyth for Mourne Heritage Trust to encourage and promote the use of Mourne produce

Ingredients

250g wholemeal flour
60g strong white flour
1-teaspoon baking soda
1-teaspoon salt
50g oatmeal
1-teaspoon dark brown sugar
4 tablespoons treacle
30g soft butter
100ml Irish stout
200ml milk

Method

Preheat oven to 160°C/ gas3.

Sieve the flours, soda and salt into a large bowl, add the oatmeal and sugar and mix well.

Heat together the treacle and butter, when melted, add the 100 ml Stout and milk, stir well.

Combine the dry and liquid mixes; the resulting dough will be quite wet. Pour into a greased 450g-loaf tin and bake for 1 hour.

The loaf should sound a little hollow when tapped underneath. Allow to cool before slicing.

Barry is the former chef/proprietor of the Oriel Restaurant in Gilford Co Down which won many awards including a coveted Michelin Star and was rated as one of the top ten restaurants in UK and Ireland in the 2005 Egon Ronay guide. Barry is a keen advocate of local regional and seasonal foods and member of the slow food movement.