



McCarthy's Irish Brown Bread

Ingredients: 1 1/3 cups All-Purpose Flour
1/2 Tbsp Baking Soda
1 tsp Kosher Salt
3/4 cup Irish Wholemeal Flour
1/2 cup Rolled Oats
1/4 cup Steel Cut Oats
2 1/4 cups Buttermilk

Directions: Preheat oven to 400 degrees.
Grease 8x4 loaf pan.
In a medium bowl, sift together all-purpose flour, baking soda and salt.
Add remaining dry ingredients to bowl and mix with whisk or with hands.
Add buttermilk and mix with hands. Do not overmix, as bread will become tough.
Pour into greased loaf pan and sprinkle with 1 tsp rolled oats.
Place in oven, bake for 20 minutes, then rotate and bake for 20 more minutes.
Allow bread to cool before slicing. Keep remaining bread refrigerated.

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The Origin of McCarthy's Irish Brown Bread Mix

Neville Gardner wasn't pleased with the bread he was making to sell at summer festivals in the Lehigh Valley. Something was missing. It wasn't what he'd become accustomed to in his native Ireland, and he wanted to offer the best bread possible when he opened Granny McCarthy's Tearoom and Bakery in Bethlehem, now known as McCarthy's Red Stag Pub & Whiskey Bar.

So Gardner and his wife, Linda, traveled across the Atlantic to Ireland, where they visited Liferforce Mill, a grain mill built in Cavan during the Irish potato famine. There they hoped to learn the secret of making the bread he loved.

"When Linda and I walked in, we were handed a bowl, then wheat, pinhead oats, oat flakes, sea salt, white flour, and buttermilk," he said. "We poured the mixture into tins and went off on a 30-minute tour of the mill. When we returned, our baked bread was waiting for us."

That experience convinced Gardner that in order to serve authentic bread and pastries at his restaurant, he needed to get back to his roots. Using recipes passed down from generation to generation, he incorporated his heritage into the bakery menu.

Thanks to those authentic recipes, there are now four additional McCarthy's baking mixes: Shortbread, Irish Soda Bread, Scones, and Fancy Scones.