

Irish Potato Bread



Serves	1-4
Prep time	30 minutes
Cook time	20 minutes
Total time	50 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Breakfast , Lunch , Savoury Snack , Side Dish
Misc	Serve Hot
Region	Irish
Website	Your Irish

Ingredients

- 80g plain wholemeal flour
- 1/2 teaspoon baking powder
- pinch salt
- 30g butter
- 230g warm mashed potato (approximately 1 large potato)
- 2 tablespoons milk (approximate)
- Butter (to serve)

Optional

- 1 spring onion (finely chopped)

Directions

1. Preheat the oven to 200°C.
2. Mix the flour, baking powder and salt in a medium sized bowl. Rub in the butter using your fingertips until the flour looks like breadcrumbs.
3. Add the spring onions, if using.
4. Add the mashed potato and mix together with your hands. Add enough milk, if needed, to make a soft dough.
5. Use your hands to pat the dough into a round about 15cm in diameter and 1cm thick.
6. Place the dough onto a greased baking tray and cut part way through to mark out quarters. Bake in the oven for about 20 minutes.
7. Serve hot with butter.

Note

Low Chemical / Failsafe

Traditionally this bread is served for breakfast as part of a big fry up.