
Irish Beer Bread

*Chef Michael Jordan - Limerick Junction Pub and Club - Sarasota, FL
Sarasota's Chef Du Jour - 1992*

2 cups self-rising flour
3 tablespoons sugar
3 tablespoons butter
12 ounces Guinness, room temperature
1 egg
1/2 teaspoon baking soda

Preheat the oven to 350 degrees.

In a bowl, sift the flour, sugar and baking soda.

In a bowl, mix the beer, egg and melted butter. Mix with the dry ingredients.

Grease a loaf pan. Pour the mixture into the loaf pan.

Bake for 15 minutes. Turn the pan and bake for 15 minutes more.

Loaf is done when a toothpick inserted in the center comes out clean.

Yield: 1 loaf

Breads, Muffins

Per Serving (excluding unknown items): 1409 Calories; 42g Fat (27.0% calories from fat); 31g Protein; 223g Carbohydrate; 8g Dietary Fiber; 305mg Cholesterol; 4226mg Sodium. Exchanges: 12 Grain(Starch); 1 Lean Meat; 8 Fat; 2 1/2 Other Carbohydrates.