

SODA BREAD

Ingredients

8 ozs soda bread flour
1 dessert spoon of melted butter
½ pint of buttermilk

Method

1. Pre-heat griddle (No.4 electric) for approximately 10 minutes.
2. In a bowl, sieve 8 ozs soda bread flour.
3. Make a well in the middle of the flour, add melted butter and about ¼ pint of buttermilk.
4. Mix to a soft, workable dough, adding more buttermilk as required.
5. Lightly flour your baking board, and turn the mixed dough out onto it.
6. With floured hands, knead the dough 7 or 8 times.
7. Work into a round ball with the heel of your hand.
8. Press it out into a circle and finish by rolling into a circle about ½ inch thick.
9. Flour the blade of your knife and cut into four fardles (or fards).
10. Lift with a spatula and your floured hands and place on the griddle.
11. Leave for approximately 5 minutes until the bread has risen and looks dry on top.
12. Turn and cook the other side.
13. When cooked, 'harn' the bread by standing it on its edges and cooking the edges for approximately 10 seconds on each side.
14. Remove from the griddle and cool on a wire cooling tray.

Oven Soda

1. Use a 1 lb loaf tin.
2. Heat the oven to 190°C.
3. Grease the loaf tin with oil or butter.
4. Use the above method, but make your bread-mix much softer (like porridge) and scrape it into the greased loaf-tin.
5. Sprinkle with mixed seeds, pressed on the top using a knife.
6. Bake on the middle shelf of the oven for 50 minutes.
7. When cooked, take out of oven and let stand in the tin for 5 minutes.
8. Then ease gently out of the tin and onto a wire cooling tray.
9. If cooked correctly, it will have a hollow sound when tapped on the bottom.

FADGE (POTATO BREAD)

Ingredients

12 ozs of seasoned mashed potatoes, slightly warm
3 ozs of plain flour

Method

1. Flour your baking board lightly.
2. Mix the 3 ozs of plain flour into the mashed potatoes and turn out onto the baking board.
3. With floured hands, gather the potatoes into a ball in the centre of your baking board.
4. With the heel of your hand, press gently into a circle.
5. Finish by rolling out into a ½ inch thick circle.
6. With a floured blade, cut into four farls and place on a pre-heated griddle or heavy-based frying pan, about 200°C (medium heat).
7. Check after about 7 minutes by turning over to see if it's cooked on the underside.
8. Turn and cook the other side – this will take less time.
9. When cooked, remove and place on a cooling rack.

NOTES

- Cooked bacon, broken into pieces, can be added to the mashed potatoes before putting on the the griddle.
- You can also substitute mashed potatoes for champ (potatoes with scallions which have been chopped and sweated in milk).
- Other options include onion, cheese, sun-dried tomatoes, peppers or apples.