

Irish Soda Farls

Serves 2

200 grams plain flour,
(I have used both standard and bread flour at different times and both work)
170 mls buttermilk (if no buttermilk available use sour full fat milk or a mix of
yoghurt and milk or squeeze some lemon in fresh milk)

1 tsp bicarbonate of soda

1 tsp salt

(tip: mix salt with liquid to dissolve if your salt is very coarse.)

Method

Sieve flour, salt and bicarb soda.
Add the buttermilk and mix till all combined.

Dust the work surface and briefly knead the dough to bring it together.
You're not looking for the 'elastic' dough of standard bread making. Shape and
flatten into a circle around 8 mms thick. Cut into 6 wedges.

Dust a heavy frying pan with some flour and cook the wedges over a
low - medium heat for around 10 mins each side. Cover with a lid while cooking
makes the farls fluffier.

Serve warm.

Split and spread with good butter and a topping of your choice.

Toppings: jam, honey, crab apple jelly, marmalade, fried eggs, black pudding...

