

## **Irish Soda Farls**

Here is my entry for the St. Patrick's Day Recipe Draw. It is my recipe for Classic Irish Soda Farls, given to me by my Mother, who got it from her Mother, who was born and brought up in Belfast. It is an important part of any good Ulster Fry Breakfast.

Soda Bread is a family favourite. All of my cousins on my Mom's side considered it a treat whenever we visited my Grandmother. I was one of the lucky ones as my Mom learned to make it as well as my Grandmother did and she taught me. Now it is one of my granddaughter's favourites. She always asks for it when she visits.

### **Classic Irish Soda Farls**

3c all-purpose flour  
2tsp white sugar  
1tsp salt  
1tsp baking soda  
1tsp cream of tartar  
2c buttermilk

I don't usually sift the flour, but I stir it up a bit before I measure it out, which I find gives a lighter texture.

Stir together the dry ingredients. Mix in the buttermilk. You will get a very sticky dough. Turn it out onto a well-floured surface and knead several times. Divide into 2 equal balls of dough. Roll or pat out one of the balls of dough into a circle 9" in diameter. Cut into quarters. A pizza cutter gives a nice clean cut. Cook on a dry heavy griddle at medium heat until golden-brown. I cook it on each side for about five minutes, but your pan may be different. Until you get an idea of how quickly your griddle cooks, check them as they cook. Then stand it up on each of the cut edges for 3-4 minutes for each edge to brown them.

Let cool on a cake rack. Split a farl down the middle and butter it while it is still warm. Fabulous! To use them in an ulster fry, bake them the night before. Then in the morning, after cooking the bacon, split the farl in half and fry the cut side in bacon fat.

Bill Mahaffy