



## Soda Farl Recipe

### INGREDIENTS

600g of white bread or plain flour

480mL of Buttermilk – you can also use regular milk with lemon as a substitute

2 teaspoons baking soda

1 1/2 teaspoons of salt

### Directions

Pour the flour, salt and baking soda into a bowl and mix.

Then add buttermilk and knead the mixture for a maximum of 2 to 3 minutes until you obtain a good dough that holds together.

Place the dough on a floured surface and then create a flattened round circle with the dough. Cut the dough into four triangle shapes. The triangles are then ready to fry in an oiled heavy-bottomed pan on the stovetop.

You can also bake it in the oven for about 45/50 minutes at 180°C. To make sure it is cooked properly, do the knife test to see if there is any soft dough in the centre.

Farls are the Northern Irish version but they are thicker than boxty and more “scone-like”. Farls are traditionally cooked in a griddle pan over an open fire. This bread is flatter than raised Soda Bread and often used for a [Breakfast sandwich](#) to be eaten on the go. When leftover mashed potatoes are added they become [Potato Farls or Boxty](#) depending on the other ingredients used. Farls simply means 4 parts.



## Traditional Irish Soda Bread recipe

A good old fashioned soda bread with just the basic ingredients. Buttermilk gives this crusty loaf a good flavour.

### *Ingredients*

- 4 cups all-purpose flour
- 4 tablespoons white sugar
- 1 teaspoon baking soda
- 1 tablespoon baking powder
- ½ teaspoon salt
- ½ cup margarine, softened
- 1 cup buttermilk
- 1 egg
- ¼ cup butter, melted
- ¼ cup buttermilk

### *Directions*

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.
- In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
- Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.