

Irish Potato Farls

Jacob · 28/09/2024

**Prep Time**

45 mins

Difficult

Medium

Servings

4

Description

The word farl originates from the Gaelic word fardel meaning four parts. These potato griddle breads can be made with leftover mashed potatoes if you have them. Serve hot with a little butter and salt or fry them alongside soda bread as part of an Ulster Fry.

Ingredients

- - 4 medium potatoes
- peeled and halved - $\frac{1}{4}$ cup all-purpose flour
- plus extra for dusting - 1 tablespoon melted butter - 1 pinch salt

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Cover potatoes with water in a pot and bring to a boil over high heat. Simmer on medium-high heat until center of potatoes are tender when pricked with a fork
2. about 20 minutes. Turn off heat. Drain
3. return potatoes to the pot
4. and allow to completely dry out over the remaining residual heat. Dotdash Meredith Food Studios Mash with a potato masher until smooth. Dotdash Meredith Food Studios Place warm mashed potato in a medium bowl. Stir in flour
5. melted butter
6. and salt. Mix lightly until dough forms. Dotdash Meredith Food Studios Knead dough lightly on a well-floured surface. The dough will be sticky. Use a floured rolling pin to flatten into a 9-inch circle about 1/4 inch thick. Cut into quarters using a floured knife. Dotdash Meredith Food Studios Sprinkle a little flour into the bottom of a skillet and cook farls until evenly browned
7. about 3 minutes on each side. Season with a little salt and serve straight away. Dotdash Meredith Food Studios