



Irish Soda Farls

Jacob · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

4

Description

Farl means four parts in Gaelic and this recipe is the traditional and quickest way to make soda bread farls for unexpected guests who drop by for a bit of craic good fun The soda bread dough is flattened into a round then cooked on a dry griddle or pan Its best eaten fresh with butter and jam but is also delicious panfried in oil or butter as part of an Ulster fry

Ingredients

— - 2 cups all-purpose flour - ½ teaspoon salt - 1 teaspoon baking soda - 1 cup buttermilk

Instructions

1. Preheat a heavy based flat griddle or skillet on medium to low heat. Place flour and salt in a bowl and sift in baking soda; make a well in the center
2. and pour in the buttermilk. Work quickly to mix into a wet dough; knead very lightly on a well floured surface. Form into a flattened circle
3. about 1/2 inch thick and cut into quarters with a floured knife. The dough will be quite sticky. Sprinkle a little flour over the base of the hot pan and cook the farls for 6 to 8 minutes on each side or until golden brown.