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## Traditional Brown Soda Bread: Recipe

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# Master Classes

## With Master Baker

### James A. Griffin M.Sc. B.Sc.



#### IRISH BROWN SODA BREAD

#### Chemically raised bread



Stage	Ingredients	Gr.	Method
1	Cream flour* Salt Cream of tartar Bread Soda	1000 30 60 40	Sieve bread soda to remove any lumps. Then sieve cream flour, salt, cream of tartar & bread soda together
2	Whole meal	1000	Add to above and mix through by hand
3	Caster sugar Buttermilk**	20 1750	Dissolve sugar in buttermilk. Add to dry ingredients and knead very gently
	<b>Total:</b>	<b>3950</b>	

#### Processing details:

Details	Temp/Time	Instructions
Dough Temperature:		Use cold buttermilk
Fermentation Time:	none	
Scaling Weight:	650g	6 pieces Hand up into a round ball shape
Intermediate Proof:	none	
Shape:		Hand up round, tray up, dust with flour, cut cross in centre
Proof Time:	none	Rest for 20 min <b>in a cool place</b> before placing in the oven
Baking Temperature:	250>210°C	
Baking Time:	35 - 40 min.	

#### Further Details / Notes

For a fan oven, Set the temperature to 250-265°C  
Load the oven and reset temperature to 200-210°C

**\*Cream flour is a special soda bread flour used in Ireland which has a small quantity of raising agent (1%) in it. To make a flour similar to Cream flour USE THE FOLLOWING RECIPE:**

**1000g Plain flour also known as (soft flour/cookie flour/pastry flour low gluten flour)**

**10g Baking Powder**

**Sieve together three times to disperse the powder in the flour**

**Store in a container marked "Cream Flour" until required**

**\*\*DIY Buttermilk/Cultured milk:**

**If you do not have buttermilk, you can make your own cultured milk, you will need:**

**1 Litre of Warmed milk 38°C**

**100g plain natural yoghurt**

**Warm the milk to 38°C**

**Whisk in the yoghurt**

**Stand overnight at room temperature, then chill the cultured milk before use**