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## Traditional Brown Soda Bread: Recipe

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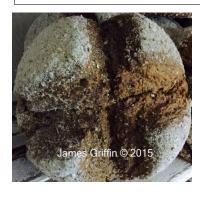


# Master Classes With Master Baker James A. Griffin M.Sc. B.Sc.



#### 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
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
	Total:	3950	

#### **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 in a cool place before placing in the oven
<b>Baking Temperature:</b>	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

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