

## Irish Soda Farl



### Makes:

4 servings

### Utensil:

Flatbread Pan  
medium mixing bowl

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### Recipe:

### Contributed By:

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### Recipe Description:

Irish soda farl is a popular quick bread in Northern Ireland and very simple to make. Farl refers to quadrant shaped cakes that are traditionally cut into fourths. This quick-bread became popular in households, perfect for unexpected guests, served with tea, butter and jam.

**Watch Katherine Lawrence show you how easy it is to make this delicious farl!**

2 cups  
all-purpose unbleached flour  
(250 g)  
½ teaspoon  
natural salt  
(3 g)  
1 teaspoon  
baking soda  
(5 g)  
1 cup  
buttermilk  
(240 mL)

### Directions:

1. Place flour, salt and baking soda in mixing bowl and stir to combine.
2. Make a well in the center of flour mixture and pour in the buttermilk. Mix dough quickly until combined.
3. Place dough on lightly floured surface and gently knead.
4. Form dough into a circle and lightly flatten with rolling pin in to

- an 8-inch (20.3 cm) round.
5. Score soda bread into quarters with a knife; do not cut through.
  6. Preheat flatbread pan over medium heat. When several drops of water sprinkled on pan skitter and dissipate, carefully transfer soda bread to pan using metal spatula. Cook for 6 - 8 minutes until golden brown, shaking pan occasionally during cooking.
  7. Turn farl over with metal spatula, turn heat to low and cook for an additional 15 - 20 minutes, until skewer inserted into center of bread comes out clean.
  8. Remove farl from pan, wrap in a clean cloth and let soda bread rest for 10 - 15 minutes before serving.

#### Tips:

- Soda bread can alternately be cut into pieces prior to cooking and cooked in individual pieces.
- In place of using buttermilk, substitute 1 tablespoon (15 mL) of white vinegar or lemon juice and enough milk to make 1 cup (240 mL). Stir mixture together and let sit for 5 minutes.
- Serve Irish soda farl warm with tea or alongside savory breakfast foods such as bacon or sausage and eggs.
- Substitute whole wheat pastry flour for all, or part, of all-purpose flour.

#### Nutritional Information per

##### ▼ Serving

**Calories:** 252  
**Total Fat:** 1g  
**Saturated Fat:** 0g  
**Cholesterol:** 2mg  
**Sodium:** 671mg  
**Total** 51g  
**Carbs:**  
**Dietary Fiber:** 2g  
**Sugar:** 3g  
**Protein:** 8g