

Ballymaloe Cookery School

Virtual Cookalong with Rachel Allen for Cork and Kerry HSE Staff.

White Soda Bread and Scones

Pea, Spring Onion and Coriander Soup

NB: Please Preheat oven 15 minutes
before Cookalong Starts to

230°C/450°F/Gas Mark 8.

White Soda Bread and Scones

VD

Soda bread only takes 2 or 3 minutes to make and 30 - 40 minutes to bake. It is certainly another of my 'great convertibles'. We have had the greatest fun experimenting with different variations and uses. It's also great with olives, sun dried tomatoes or caramelized onions added, so the possibilities are endless for the hitherto humble soda bread.

1lb (450g/4 cups) white flour, preferably unbleached
1 level teaspoon/1/2 American teaspoon salt
1 level teaspoon/1/2 American teaspoon breadsoda
sour milk or buttermilk to mix - 12-14fl oz (350-400ml/1 1/2 – 1 3/4 cups) approx.

First fully preheat your oven to 230°C/450°F/Gas Mark 8.

Sieve the dry ingredients into a large bowl. Make a well in the centre. Pour most of the milk in at once. Using one hand, mix in the flour from the sides of the bowl, adding more milk if necessary. The dough should be softish, not too wet and sticky. When it all comes together, turn it out onto a well floured worked surface. **WASH AND DRY YOUR HANDS.** Tidy it up and flip over gently. Pat the dough into a round about 1 1/2 inches (4cm) deep and cut a cross on it to let the fairies out! Let the cuts go over the sides of the bread to make sure of this. Bake in a hot oven, 230°C/450°F/Gas Mark 8 for 15 minutes, then turn down the oven to 200°C/400°F/Gas Mark 6 for 30 minutes or until cooked. If you are in doubt, tap the bottom of the bread: if it is cooked it will sound hollow.

Cheddar Cheese Soda Bread

Egg wash the surface of the bread, mark into 6-8 wedges. Scatter with 4oz (110g) grated cheddar cheese and bake as above.

White Soda Scones

Make the dough as above but flatten the dough into a round 1 inch (2.5cm) deep approx. Cut into scones. Cook for 20 minutes approx. in a hot oven (see above).

White Soda Bread with Herbs

Add 2 tablespoons (2 1/2 American tablespoons) of freshly chopped herbs eg. rosemary or sage, thyme, chives, parsley, lemon balm to the dry ingredients and continue as above. Shape into a loaf or scones and bake as for soda bread.

Cheddar Cheese Scones or Herb and Cheese Scones

4oz (110g/1 cup) grated mature Cheddar cheese
egg wash

Make the White Soda bread or herb dough. Stamp into scones, brush the top of each one with egg wash and then dip into grated cheddar cheese, bake as for soda scones, or use to cover the top of a casserole or stew.

Cheddar Cheese and Thyme Leaf Scones

Substitute thyme leaves for mixed herbs in above recipe.

Rosemary and Olive Scones

Add 1 1/2 tablespoons (1 1/2 American tablespoons + 1 1/2 teaspoons) of chopped fresh rosemary and 2 tablespoons (2 1/2 American tablespoons) roughly chopped stoned black olives to the dry ingredients and proceed as in the master recipe.

Rosemary and Sundried Tomatoes

Add 1-2 tablespoons (1 - 2 American tablespoons + 1-2 teaspoons) of chopped rosemary, 2 tablespoons (2 1/2 American tablespoons) of chopped sundried tomatoes to the flour and continue as in the basic recipe. Form into a loaf of bread or scones.

Olive Scones

Make a white soda bread dough with or without herbs. Flatten into a 1 inch (2 1/2 cm) square. Dot the top with whole olives. Brush generously with olive oil, sprinkle with sea salt, cut into square scones and bake as above.

Rosemary and Raisin

Add 3oz (75g) raisins and 2 tablespoons (2 1/2 American tablespoons) chopped rosemary to the basic recipe.

Curry and Sultana Bread

Add 1-2 teaspoons of curry powder and 3oz (75g) sultanas to the basic recipe.

American Emigrants Soda Bread

Add 3oz (75g) sultanas and 2 teaspoons caraway seeds, 1 tablespoon (1 American tablespoon + 1 teaspoon) of sugar and 1 beaten egg to the above recipe. Reduce the buttermilk by 2fl oz (50ml/1/4 cup).

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Seeded Tear and Share Scones

Make the dough as above. Brush a 9" (23cm) round tin with sunflower oil. Pat the dough into a round about 1 1/2 inches (4cm) deep and cut a cross into 8. Put into the tin and brush the top of the scones with a selection of sesame, poppy, pumpkin and sunflower seeds. Bake in the oven as above. When cooked remove from the tin and cool on a wire rack. The bread can then be torn apart and shared!

12/12/2019 (PB)

Pea, Spring Onion and Coriander Soup

This utterly delicious soup has a perky zing with the addition of fresh chilli.

Serves 6 approximately

1lb (450g/4 cups) peas (good quality frozen are fine)
2oz (50g/1/2 stick) butter or 2 tablespoons of Extra Virgin Olive Oil
8 Spring Onions
2 cloves garlic, peeled and chopped
1 green chilli
1 1/2 pints (900ml/3 3/4cups) home-made chicken or vegetable stock (or Stock cube)
2 tablespoons (2 US tablespoons + 2 teaspoons) approx. chopped fresh coriander
salt, freshly ground pepper and sugar

Garnish

Fresh coriander leaves

Bring the chicken stock to the boil.

Melt the butter on a gentle heat add the onion, garlic and chilli. Season with salt and freshly ground pepper and sweat for 3-4 minutes. Cover with the hot stock. Bring to the boil with the lid off, add the peas and cook for 3-4 minutes approximately or until the peas are just tender. Add the coriander and liquidise. Season with salt, freshly ground pepper and a pinch of sugar, which enhances the flavour even further. Serve with a swirl of softly whipped cream and a few fresh coriander leaves sprinkled over the top.

Note – Serving Suggestion

Pea Soup

To serve, put a few fresh peas and pea shoots into a wide soup bowl. Put the soup in a jug – each guest pours soup into the bowl themselves.

Variation

Pea and Bacon Soup

Add a few tiny crispy lardons of bacon to the peas.

Note

Chilled Pea and Coriander Soup

This soup is also good chilled but be particularly careful not to overcook. The texture should smooth and silky, the consistency should be thin so add a little more stock if necessary.

N.B. cold soups should be served in small chilled bowls.

23/6/2020 (TA)

Ingredients List for Cook along

Vegetables

450g Frozen Peas
8 Spring Onions
2 Cloves of Garlic
1 Green Chilli
Fresh Coriander

Dairy

50g Butter

Other

900ml Chicken or Vegetable Stock or Stock Cube
450g Plain or Cream Flour
Breadsoda
400ml Buttermilk

Equipment List

Soup

Large Saucepan (minimum 2.5L capacity)
Wooden Spoon
Liquidizer or Blender (A blending stick, A NutriBullet or similar or a Food Blender)
Chopping Board
A Sharp Knife – A Chopping Knife.

Bread

A Large Mixing Bowl (the largest in your kitchen)
A Measuring Jug
A Baking Tray

Optional but useful

Spatula
Ladle
Cooling Rack
Pastry Brush
Dough Scraper