

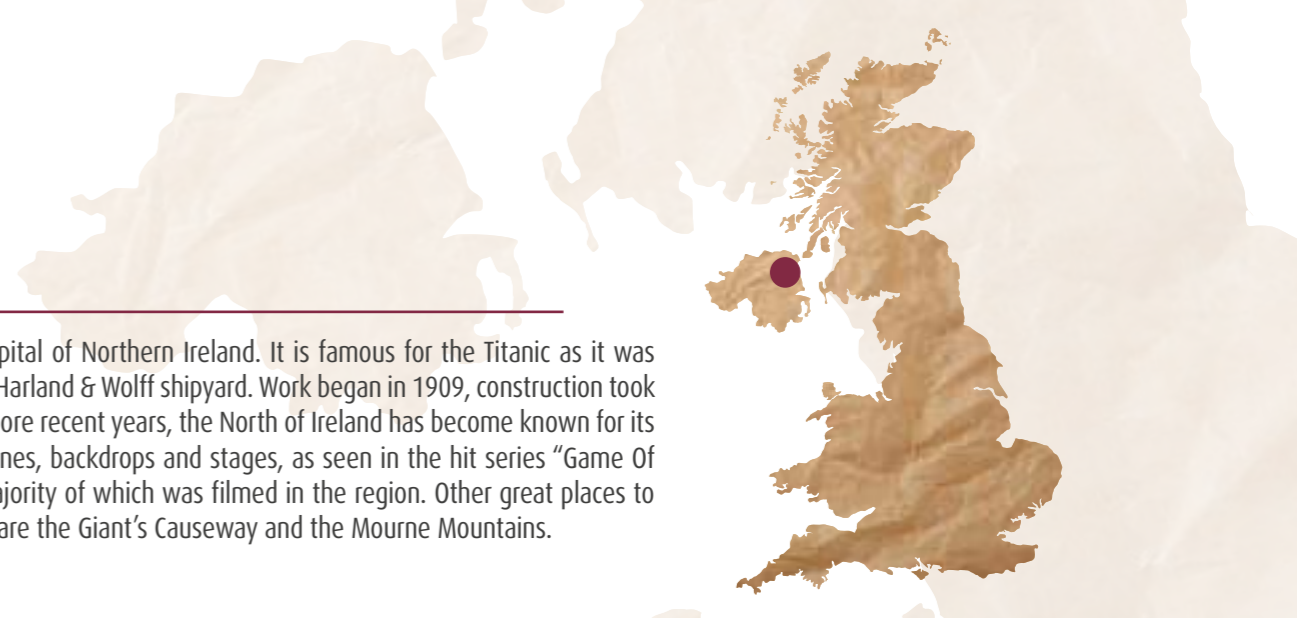


SODA FARLS

For the next destination in the month of July, we are crossing the Irish Sea to get to Northern Ireland. It is here where the Irish Soda Farls are predominantly eaten, with every bakery in the North of Ireland having its own take on it. The shape is always the same, but recipes and size may vary. Our version is made using IREKS CRUMB SOFTENER. The word "Farl" comes from the Scots word "fardel" which refers to a three-cornered cake or the fourth part of a round. The Soda Farl is traditionally enjoyed with the infamous Belfast Breakfast.

Belfast

Belfast is the capital of Northern Ireland. It is famous for the Titanic as it was built here in the Harland & Wolff shipyard. Work began in 1909, construction took three years. In more recent years, the North of Ireland has become known for its breathtaking scenes, backdrops and stages, as seen in the hit series "Game Of Thrones", the majority of which was filmed in the region. Other great places to visit in this area are the Giant's Causeway and the Mourne Mountains.



Soda Farls

using IREKS CRUMB SOFTENER

Wheat flour	10.000 kg
IREKS CRUMB SOFTENER	0.100 kg
Baking powder	0.550 kg
Salt	0.150 kg
Rapeseed oil	0.200 kg
Buttermilk	8.500 kg
Total weight	19.500 kg

Mixing time: 1 + 2 minutes, spiral mixer

Dough temperature: 22 – 25° C

Bulk fermentation time: none

Scaling weight: 0.800 kg/4 pieces

Intermediate proof: none

Instructions for use: After mixing, place the dough on a floured table, scale and mould round. Roll out to a thickness of 20 cm using a rolling pin and quarter. Subsequently, dust lightly with flour, place on a heated hot plate or in a non-stick frying pan and bake.

Final proof: none

Baking temperature: 170 – 190° C on a heated hot plate or in a non-stick frying pan

Baking time: 4 – 5 minutes on each side

General remark: Do not overwork the dough!