



BAKED GOODS FROM REGION TO REGION

THE IRISH SODA BREAD

Irish soda bread is most famous in Ireland with many bakeries having their own recipe, often handed down from generation to generation. And of course everyone claims theirs to be the best. It's been a very staple part of the Irish diet through the years due to it being very easy to prepare but yet a great source of valuable ingredients for the whole family. Irish soda bread is very diverse and can be enjoyed with a range of fruit preserves, cheeses, wild Atlantic smoked salmon or a large bowl of sea food chowder. It is hard to say what county the Irish soda bread originates from but it is especially loved in Cork.

Based on classic Irish soda bread, IREKS has created their own spelt soda bread using SPELT & HONEY.

COUNTY CORK

The largest and most southern county in Ireland, attached to both the Celtic Sea to the south and the Atlantic Ocean to the west. Known as the „rebel county“, some even call the city of Cork the real capital of Ireland. It is a foodie's paradise for sure with some of the best locally manufactured products in the land. You will find a broad range of these in the world famous English Market located in Cork City Centre. The English Market has been trading since 1788 and is one of the oldest and certainly best markets in Europe. It has survived famine, flood, war, fires and multiple recessions to remain a strong part of Cork's retail environment. It is the soul of the city with a really great atmosphere due to the very knowledgeable stallholders and market traders, often with generations of families working in the market. The reputation and history of the market has attracted heads of state, celebrities and tourists from across the globe. A must see when visiting Cork!

COUNTY CORK



Soda Bread

using *SPELT & HONEY*

SPELT & HONEY	10.000 kg
Vegetable oil	0.300 kg
Sugar	0.300 kg
Baking powder	0.450 kg
Water	8.000 kg
Total weight	19.050 kg

Mixing time: Mix the dry ingredients together for about one minute. Add the water and vegetable oil and mix for about 30 - 40 seconds on first speed until the complete mixture is wet. Do not overmix!

Dough temperature: 26 - 28° C

Bulk fermentation time: none

Scaling weight: 0.600 kg

Intermediate proof: none

Instructions for use: After the mixing time, put the dough onto a table dusted with flour. Scale the dough, mould round and place in round or square baking tins. Using a steel scraper, cut a cross shape (X) into the dough with a depth of about 10 mm.

Final proof: none

Baking temperature: 230° C, dropping to 210° C

Baking time: 30 minutes

