

IRISH HERITAGE CLUB

www.irishclub.org

3rd ANNUAL IRISH SODA BREAD BAKING CLASS

WHERE

St Patrick's Parish Hall, 2702 Broadway Ave E, Seattle (see Google Map below).

- Hall is on Lower Level underneath the Church building. Enter down the stairway on the Church's west side. An accessible entry is also available through the front of the Church via the Church Lobby Elevator.

WHEN

Saturday- February 18, 2012, from 1:00 pm – 5:00 p.m. Doors open 12 noon.

WHO

All adults who are interested in the art of making traditional 'soda bread'.

- There are a few experts planning to help with guidance and advice. **Nutritionist Maureen Keane** will speak to the nutritional values in Irish food, especially soda bread. We are hoping to add a couple more expert bakers to round out the field!

WHAT

- **Bring your mixing bowl and measuring spoons.** Bowl may be metal, plastic, glass or other washable material. The size should allow you to mix the ingredients comfortably using your hands.
- **Bring an apron** and other items to protect your hands and/or clothes. It is best to store your diamonds in a safe place, otherwise you might bake them!
- **We will provide** flour, soda, salt and buttermilk to make a sample cake. The recipe will call for two cups of flour and there will be another cup or so for dusting the bake sheet etc. There are two large ovens in the church kitchen. We hope to be able to bake 4 loaves in each oven on the first round. Time for that will be approximately 90 minutes.
- Should we need to have a second round (more than 8 entries) we will try another bake off.

FEE

\$10.00 cash or check payable to 'Irish Heritage Club'.

- The funds will be used to help defray the cost of the hall, ingredients and insurance.
- We would like to make this as enjoyable as possible and we hope to serve Irish tea and fellowship! This could be a great time to share our talents, stories and pictures. We could exchange favorite recipes!
- Please consider entering a freshly baked loaf in the 2011 Irish Soda Bread Contest on Saturday, March 5, at T S McHugh's, 1st & Mercer, Seattle – see www.IrishClub.org for details)

Coordinators / Information:

Fionna Shriane-Travis: 206-354-7406

Mary Shriane: 206-321-4576 / 206-329-7224

Or email SodaBread@irishclub.org

IRISH HERITAGE CLUB

SECOND ANNUAL SODA BREAD MAKING/BAKING DEMONSTRATION

FEBRUARY 18, 2012 Saturday 1:00 pm -5:00 pm

ST. PATRICK'S PARISH HALL, 2702 Broadway Ave E, Seattle, WA 98102

REGISTRATION FORM

NAME _____ TEL _____

ADDRESS _____ CITY _____ ZIP _____

E-MAIL _____

PLEASE PRINT

CLICK HERE to [Pay Via Credit Card](#)

FEE PAID _____ CASH _____ CHECK _____ (Payable to IHC)

MAIL TO: Irish Heritage Club, P.O. Box 75123, Seattle WA 98125

Disclaimer

This is an informal gathering. The Irish Heritage Club is providing this as a service to the members and the community without any expectations of creditable achievement. All parties, the Board of Directors, Officers of the Club and the facilitators are held harmless in the production, outcome and conduct of the attendees. There will be no smoking, alcoholic consumption or drug use during this event on the Church property. Use of the facilities and sanitary handling of all foods will be observed by everyone.

Questions: SodaBread@irishclub.org, 206-354-7406

If you would like a receipt, please complete this coupon.

Paid to: Irish Heritage Club, P.O. Box 75123, Seattle WA 98125. (425) 741-2527 www.irishclub.org

NAME _____

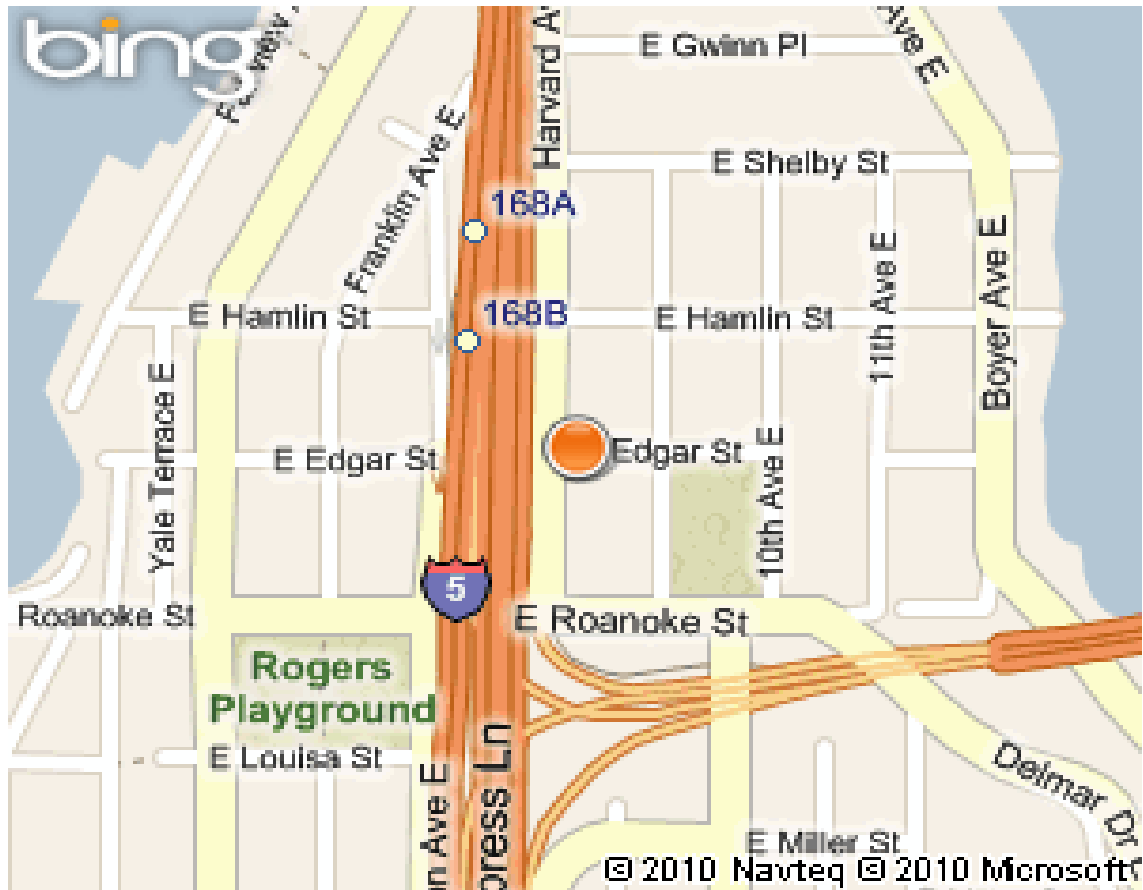
Address _____

Date: February 18, 2012 Paid fee: \$10.00 Cash _____ Check # _____

Signature of IHC representative _____ Date _____

MAP AND DIRECTIONS TO

ST. PATRICK'S CHURCH, 2702 BROADWAY AVE E, SEATTLE, WA 98102



St Patrick's Catholic Church is easily accessible from Southbound I-5. Take exit 168B and circle back left over the freeway to turn left onto either E Harvard, or Broadway Ave E. The church parking lot is halfway down the block.

West bound off 520, take the Roanoke Exit and at the exit, go straight ahead onto Harvard one half block before turning into St. Patrick's on the right.

Northbound is more of a challenge. Take the Lakeview Blvd exit and follow to the left and go northbound back under the freeway on Boylston Ave E to the E Roanoke overpass. Take a right over the freeway and take either a left at the light on E Harvard or straight through and take a left to Broadway Ave E. Remember it is just 1 block either way!

The big dot on the map is a little off center and the church is in the top right hand corner of the first block. Parking lots are in the center of the block and can be entered from both streets.

Coordinators / Information:

Fionna Shriane-Travis: 206-354-7406

Mary Shriane: 206-321-4576 / 206-329-7224

Or email SodaBread@irishclub.org

Irish Soda Bread Cooking Class

**Saturday, February 18, 1-5 pm,
St. Patrick's Church Hall, 2702 Broadway Ave E
(just off I-5 at Roanoke St), Seattle.**

A hands-on demonstration of Irish Soda Bread Cooking will be held at St. Patrick's Church Hall, 2702 Broadway E (off I-5 at Roanoke) from 1 pm – 5 pm on Saturday, February 18. Classes will be conducted by Fionna Shriane-Travis, Mary Shriane and others who have been frequent winners of Seattle's Annual Irish Soda Bread Contest over the past 40 years. The basic ingredients necessary for cooking Soda Bread will be provided and 10 participants will cook and bring home their own fully-cooked Irish Soda Bread loaf. Certified Nutritionist Maureen Keane will also speak on the nutritional value of Soda Bread. **Cost is \$10 pp** and Advance Reservations are required. For details, etc., contact Fionna Shriane-Travis at 425-741-2527 or email SodaBread@irishclub.org.

What is TRADITIONAL Irish Soda Bread?

If you search the internet using the term "Traditional Irish Soda Bread", an amazing number of recipes will appear, but 98% of them provide incorrect information. Some suggest you can use honey, sugar, eggs, raisins, or even caraway seeds in Traditional Irish Soda Breads. There's nothing wrong with using those ingredients in Soda Breads, but they're NOT TRADITIONAL Irish Soda Breads! Would "French Bread" still be the same if whiskey, raisins, or other ingredients were added to the mix? Of course not! The same is true of Irish Soda Bread.

Explanation of the Ingredients in Traditional Irish Soda Breads:

Wheat Flour

Only wheat flour is used. For best results use an unbleached fresh locally milled flour. Low protein flours are best for soda bread, so use soft wheat flour, pastry flour and flours marked for use in quick breads. Hard flours should be used only for yeast-risen breads, so avoid bread flour, flours that are marked "best for bread" and flours made entirely of hard wheat. You can use all-purpose flour which is a mix of high (hard) and low (soft) protein flours too.

For whole wheat soda bread you can use any whole wheat flour. For best results use stone ground flour that is locally milled. You can find flours from two local mills in your grocery store: Bob's Red Mill and Stone Buhr.

Do not use self-rising flour - some may contain baking powder.

Sour (Cow's) milk

In Ireland buttermilk was usually used to make soda bread. The buttermilk used by our ancestors was the liquid left after butter was churned. Without refrigeration it soured naturally giving soda bread its characteristic tang and activated the bread soda to raise the loaf. Left over milk that had soured was used too. Today's buttermilk is a cultured milk product made by adding bacterial cultures to milk and allowing it to sour. You can use any cultured (soured) milk product or sour your own milk by adding 1 tablespoon of lemon juice to two cups of low fat milk.

Baking soda (Bread Soda)

The chemical name for baking or bread soda is sodium bicarbonate. When the alkaline sodium bicarbonate comes into contact with the acid from the sour milk, carbon dioxide gas is produced and raises your loaf. This is the cheapest ingredient. So don't skimp and use the box of baking soda in the back of your fridge as old soda can produce too dense a loaf. Note that Baking Powder is not the same product as baking soda.

Irish Soda Bread Contest

Saturday, March 10, 2 pm

T S McHugh's, 1st & Mercer, Seattle.

Sponsored by Seattle's Irish Heritage Club

dedicated to the preservation of the Traditional way of baking Soda Bread
as it was done in Ireland in the 1800s.

THREE DIVISIONS

1. Traditional Irish Soda Bread

Entries in this division must contain these four ingredients:

- Wheat flour (white flour)
- Soured milk
- Baking Soda (also called bread soda & sodium bicarbonate)
- Salt

Do not use self rising flour or baking powder. Bread that contains ingredients other than the four listed above should be entered in the glorified soda bread division.

2. Traditional Brown Irish Soda Bread

Entries in this division contain these four ingredients:

- Whole wheat flour (no white flour allowed)
- Soured milk
- Baking soda (also called bread soda & sodium bicarbonate)
- Salt

Do not use self rising flour or baking powder. Bread that contains ingredients other than the four listed above should be entered in the glorified soda bread division.

3. Glorified Irish Soda Bread

Entries in this division are based on these ingredients:

- Any kind of flour
- Any source of acid (necessary to activate the chemical leavener), for example cream of tartar
- Any chemical leavener (including baking soda, baking powder, & self-rising flour)
- Salt to taste

This glorified soda bread division is where you enter your aunt Mary's traditional soda bread that called for mashed potatoes and currents. Or your mother's traditional soda bread that included wheat bran, caraway seeds, an egg and raisins. Or maybe your own creation that uses soured goat milk, golden raisins soaked in whiskey, white flour and a drop of green food coloring.

HOWEVER, do not "glorify" the bread so much that it becomes a cake! A cake is a sweet dessert made from a batter while bread is a food of leavened flour that is made from a dough. The judges should be able to recognize your entry as a loaf of bread and not a cake. Because this is a soda bread contest, no yeast-risen breads are allowed.

FOR MORE INFORMATION, CONTACT

sodabread@irishclub.org OR VISIT

www.irishclub.org/sodabread.htm.