

Fate Irish Soda Bread

Ingredients

400g Fate Low Protein All-Purpose Mix

1 teaspoon salt

2 teaspoons baking powder

60ml oil

280ml cold water

Few drops of suitable gravy browning

Extra Fate All-Purpose mix to shape

Method

1. Place the Fate All-Purpose Mix into a mixing bowl. Stir in the salt and the baking powder.
2. Measure the oil and the water and place it into a separate jug. Add just a couple of drops of gravy browning.
3. Pour the oil and water mixture into the dry ingredients in the mixing bowl. Use an electric hand whisk or a large metal spoon and quickly mix to blend it all together. This should only take about 30 seconds and the mixture will be smooth.
4. Lightly dust the work surface with a little Fate All-Purpose Mix and turn the mixture out of the bowl.
5. Handle it very gently and press it lightly to bring it all together in one piece. Shape and cook as you like.

To Cook in a Pan or on a Griddle

1. Place a heavy based frying pan or a griddle onto a gentle heat to start to warming through.
2. Cut the dough into 2 pieces. Take one piece, handle it gently and form it roughly into a ball. Make sure your hands are dusted with Fate All-Purpose Mix, and flatten it into a circle about 18–20cm in diameter.
3. Cut into 4 large triangles. Gentle lift each piece into the warm pan or onto the griddle. Leave them to cook gently for about 8 minutes, then, turn them over to cook the other side. You must keep checking that they are not cooking too quickly as they easily burn if the heat is too high.
4. Meanwhile, shape the other piece of dough in the same way and leave on the side until the first four pieces are cooked.
5. The bread should be risen and firm when cooked. Do not let it brown too much.
6. Place on a wire cooling rack.

To Cook in an Oven

Traditional Shape

1. Preheat the oven to Gas Mark 7/220°C/425°F.
2. Cut the dough into 2 pieces. Take one piece, handle it gently and form it roughly into a ball. Make sure your hands are dusted with Fate All-Purpose Mix, and flatten it into a circle about 12-15cm in diameter.
3. Use a knife and cut the surface to mark it into 4 pieces. Do not cut too deep. Gently lift it onto a greased baking tray.

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4. Do the same with the other piece of dough.
5. Bake for about 20mins. The soda bread will be risen and firm. It should also be a pale golden brown. Do not let the bread brown too much. Place on a wire rack to cool.

Baton Shapes

1. Preheat the oven to Gas Mark 7/220°C/425°F.
2. Cut the dough into 2 pieces. Take one piece, handle it gently and form it into a fat sausage shape. Make sure your hands and the work surface are dusted with Fate All-Purpose Mix, and then gently roll the mixture until it's about 20-22cm long. Repeat with the other piece of dough.
3. Gently place onto a greased baking tray. Use a knife and lightly cut down the length of the top. Do not cut too deep.
4. Bake for about 20 minutes. The soda bread will be risen and firm. It should also be a pale golden brown. Do not let the bread brown too much. Place on a wire rack to cool.

