

# The Whins Bed and Breakfast

## Soda Farl Recipe

### Ingredients

250 grams self raising flour

½ teaspoon salt

¼ teaspoon bicarbonate of soda

180 to 200 ml buttermilk

### Method

Place a flat based griddle or heavy frying pan over a medium heat. Measure the flour, salt and bicarbonate of soda into a large mixing bowl and stir until combined. Make a well in the centre and add most of the buttermilk. Mix the dough together with a spatula; it should be quite sticky but not so wet that it can't lightly kneaded and shaped. Add more buttermilk if needed. Turn onto a floured working surface and knead lightly a couple of times. Pat into a circle shape, about 1 ½ centimetres deep. Using a sharp knife, cut the circle into quarters. Flour the top of the dough, and invert each quarter onto the griddle. Cook for about 10 minutes each side, adjusting the heat as necessary (cooking times and heat required will depend upon the thickness of the griddle or pan). The farls are cooked when they spring back when pressed. Serve warm with butter or leave to cool (wrap in a clean cloth if a softer crust is required).

*Please take this with our compliments*