

***Irish Heritage Week***  
**IRISH SODA BREAD CONTEST**

**Entry Form**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE CONTACT INFORMATION

DAY (\_\_\_\_\_) \_\_\_\_\_ EVE (\_\_\_\_\_) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

I certify that I am not a professional baker, that these breads were cooked by me without professional assistance, and that I have adhered to the ingredient restrictions specified in the rules.

Signed \_\_\_\_\_ Date \_\_\_\_\_

CATEGORIES ENTERED

TRADITIONAL WHITE \_\_\_\_\_ GLORIFIED \_\_\_\_\_

ENTRY NUMBERS (Leave blank)

TW \_\_\_\_\_ GL \_\_\_\_\_

**Deadline for entry forms:** 12 Noon Friday, March 13

**Turn in entry forms** to the Boyne Area Chamber office, 28 S. Lake St. You will get an entry number to place with your bread when you turn it in, to assure anonymity with the judges. We advise you to call 582-6222 to be sure someone is in the office when you stop by.

**Breads should be dropped off** on Saturday morning, March 14, between 10 and 11 a.m. at the Culinary Arts Room of the School Administration Building (across Main Street from the Boyne Library) in a plain paper bag.

**Judging** will take place at 11:30 a.m. by local professional chefs.

**Results** will be posted at [www.boyneirishfestival.com](http://www.boyneirishfestival.com).

**For further information**, call Linn Williams at (231) 582-6858 or (231) 675-3579.

**Irish Heritage Week details** - [www.boyneirishfestival.com](http://www.boyneirishfestival.com).

## Background, Rules, and Restrictions

### **Irish SODA BREAD CONTEST** **Boyne City Irish Festival, Saturday, March 14, 2015**

This contest is dedicated to the preservation of the Traditional way of baking Soda Bread as it was done in Ireland in the 1800's. The Irish made soda bread their own, not necessarily by choice, but by a state of poverty that made it the easiest bread to put on the table. It is a product of a poor country, made with the most basic of ingredients: flour, baking soda (used instead of yeast), soured milk to moisten and activate the soda, and salt. Before baking, a cross was cut on the top, to ward off the devil and protect the household. The traditional baking methods resulted in a loaf that was tender and dense, with a slight sour tang and a hard crust.

### **Two Divisions in Our Competition**

#### **Traditional Irish Soda Bread**

Entries in this division must contain four (only) ingredients: All-purpose white wheat flour (pastry flour, not so-called "bread" or self-rising flour), soured milk or buttermilk, baking soda (sometimes called sodium bicarbonate), and salt. Do not use baking powder!

#### **Glorified Irish Soda Bread**

Entries in this division are based on these ingredients: Any kind of flour, any kind of acid to replace the buttermilk which activates the leavener (cream of tartar is one), any kind of leavener such as baking powder, baking soda, or self-rising flour, and salt to taste. You can use Aunt Mary's soda bread with caraway seeds, or golden raisins soaked in whiskey, a drop of green food coloring — be creative!!! However, DO NOT make it a CAKE!!! Judges should be able to recognize your entry as a loaf of bread, not a cake! No yeast-risen breads will be allowed.

> Any questions about ingredients may be directed to Linn Williams @ 231-582-6858.

### **Soda Bread Sample Recipe**

You may use a different recipe, but you may only use 4 ingredients listed above.

3¼ cups unbleached white flour  
1 level teaspoon baking soda  
1 level teaspoon salt  
14 oz. Buttermilk

Preheat oven to 450 degrees F.

Sieve the flour, salt, and baking soda into a large, wide mixing bowl. Make a well in the center. Pour most of the buttermilk into the flour. Using one hand with the fingers open and stiff, mix in a full circle drawing in the flour from the sides of the bowl, adding more milk if necessary. The dough should be softish, not too wet and sticky.

The trick with all soda breads is not to over-mix the dough. Mix the dough as quickly and gently as possible, keeping it really light and airy. When the

dough all comes together, turn it out on a well-floured work surface. Wash and dry your hands.

Gently roll the ball of dough around with floury hands for a few seconds, just enough to tidy it up. Then pat it gently into a round about 2 inches high.

Place the dough on a lightly floured baking sheet. With a sharp knife, cut a deep cross into it, letting the cuts go over the sides of the bread.

Put this into your preheated oven for 10 minutes, then turn the heat down to 400 degrees F. for a further 25 minutes or until cooked. When the bread is cooked it will sound hollow when tapped.

*Taken from The Ballymaloe Bread Book By Tim Allen, Gill & McMillan 2001*