



Comhairle Chontae na Gaillimhe  
Galway County Council

## Galway's Food Heritage



MILLTOWN  
CO. GALWAY  
HERITAGE

### School's Contribution Sheet

My Name Alanna Doherty Age 11 School Belmont N.S

Who gave me this  
story/recipe My mum

Who are they (eg. Granny, Aunt, Uncle, Neighbour,  
etc: My Granny

Where are they from? Connemara

Parent/Guardian Signature: Annie Doherty

Date: 20/11/17

## My Food Related Story/Recipe (please use additional pages)

This is a delicious recipe of Brown Soda bread.

- 1 cup white (all-purpose) flour.
- 3 cups coarse brown (whole-wheat) flour.
- $1\frac{1}{2}$  tsp of bread (baking) Soda.
- $1\frac{1}{4}$  tsp Salt
- $1\frac{1}{4}$  cups buttermilk (approximately)

Mix all the dry ingredients in a large mixing bowl. Make a well in the centre. Gradually add the buttermilk using a wooden spoon. Sprinkle some extra flour onto a board and place the dough on it, knead the dough lightly and shape it into a circle. Cut a deep cross in the top of the bread and prick each corner with a fork. Place the bread on a pre-heated tray and bake on a gas 6 for 35 mins. The bread should sound hollow top and bottom when fully cooked. Wrap the bread in a clean tea towel and leave to cool. Serve with butter, jam and tea.



Attach Picture

