

Potato Soda Bread - floury potatoes

Ingredients

225g 8 oz mashed potatoes allowed to get fully cold
225g 8oz wholemeal flour
225g 8oz white flour
50g 2 oz margarine
1 1/2 tsp bicarbonate of soda
1 tsp salt
150ml 5 fl oz plain yoghurt plus 250ml 9 fl oz milk
or 400ml 14 fl oz buttermilk

Method

Mix together flours, bicarbonate of soda and salt
Rub in margarine, then add mashed potato and combine well
Mix yoghurt and milk or buttermilk and add to the flour/ potato mixture
Knead gently to give a soft dough - if too dry add a little water and form into a ball
Flatten onto a baking tray to give a circle about 5mm 1/2" thick
Cut a cross on the top and bake at gas mark 6 400° F 200°C for 30 - 35 minutes until risen, golden and sounding hollow when tapped underneath.

Best eaten fresh- goes well with soup.

Varieties Verity and Aran Victory work well for mash.

Mini bubble and squeaks - any variety

Ingredients

500g 1 lb hot cooked potatoes roughly mashed
500g 1 lb cabbage (dark green type or spring) or kale
4 small shallots finely chopped
salt and pepper to season
tsp dill seeds
2 tsp mustard
75g 3 oz vegetable fat

Method

Sweat the shallots until just soft
Grease a 12 small muffin baking tray by putting a little vegetable fat in each muffin cup and placing in a hot oven as for Yorkshire pudding
Shred the cabbage and steam for about 10 minutes
Roughly mix the hot potatoes and hot cabbage together with the rest of the fat
Season with salt and pepper
Stir in the mustard and dill seeds
Using an ice cream scoop fill the hot muffin baking tray
Sprinkle the shallots on top of mini bubble and squeaks
Bake in a hot oven gas 6 400° F 200° C until golden brown.

Makes 12.

