



## Tea Times

In this session we are giving you four recipes for our teatimes: Irish Brown Bread, Irish Potato Pancakes, Irish Soda Bread Scones, and Irish Oat Flapjacks.

We will also have four Fairy Tale teas:

Fairy Tale Tea 1: *The Leprechaun*, by William Allingham

Fairy Tale Tea 2: *Legend of Knockmany*, by Carleton

Fairy Tale Tea 3: *The Priest's Supper* by T. Crofton Croker

Fairy Tale Tea 4: *The Fairies' Passage* by James Clarence Mangan

*"Joy is of the will which labours, which  
overcomes obstacles, which knows triumph."*

~ William Butler Yeats

Tea Times

# Irish Brown Bread

## Ingredients

2 cups whole wheat flour  
2 cups all purpose flour  
1 1/2 tsp baking soda  
3/4 tsp salt  
1 Tbsp brown sugar  
2 cups buttermilk

## Directions

Preheat your oven to 450°F.  
In a large mixing bowl, sift together the whole wheat and all purpose flours, baking soda, salt, and brown sugar.



Make a well in the center of the dry ingredients and pour in the buttermilk. With a spoon, or your hands, mix everything together until a sticky dough forms. You can add a small splash of extra liquid if your dough seems too dry.

Transfer the dough to a lightly floured surface and knead it about 4-5 times until it's a bit smoother and less sticky. Roughly shape the dough into a fat disk about 8 inches across. With a sharp knife, cut two slashes, about 1/4" deep, into the top of the loaf in the shape of an X. Transfer to a baking sheet.

Bake for 15 minutes, then turn the oven down to 400°F and bake for 15-20 more minutes. The bread should be puffed up, golden brown, and sound hollow when tapped on the bottom when done. Allow to cool on a baking rack before slicing.



## Irish Soda Bread Scones

### Ingredients

1 lb (about 3 1/3 cups) all purpose flour  
1 tsp salt  
1 tsp baking soda  
2 Tbsp granulated sugar (optional)  
1 3/4 cup buttermilk

### Directions

Preheat oven to 450°F and line a baking sheet with parchment paper. In a mixing bowl, whisk together the flour, baking soda, salt, and sugar.

Slowly add the buttermilk to the flour mixture until the dough is shaggy but not too sticky and wet. You may not need to use quite all of the buttermilk.

Place the dough on a well-floured surface and quickly knead a couple of times to bring it together. Gently pat it into a disc about 1 inch thick, and cut out about 8 scones, reshaping the dough as needed. You can also cut traditional triangles, as well.

Place the scones on the prepared baking pan, turn down the oven to 400°F, and bake for about 20 minutes until well risen and golden on top. Serve warm with butter and jam, or alongside soups and stews.

## Irish Potato Pancakes

### Ingredients

8 oz mashed potato  
1/2 oz melted butter  
1 or 2 oz flour  
1 level teaspoon of salt  
pinch of pepper

### Directions

Chop up two washed (not peeled) medium sized potatoes. Place in boiling water and cook until soft enough to mash.



Drain and mix the potato, salt, pepper, margarine and enough flour to make a stiff dough. Roll out to 1/4 inch thick and cut into 8 pieces. Fry in a greased pan browning both sides. Spread with butter or sandwich fillings. (Optional: Add a dollop of sour cream on top.)

# Irish Oat Flapjacks

## Ingredients

3 1/2 cups oats  
1/2 cup shredded coconut  
3/4 cup butter  
5/8 cup light brown sugar  
6 tbsp maple syrup  
1 1/4 cup dark chocolate, melted  
(optional)



## Directions

Preheat the oven to 350°F. Grease a shallow 8-inch square baking tin and line with parchment paper.

Put the rolled oats in a large bowl with the desiccated coconut and sunflower seeds, around 1-2 tbsp.

Melt the butter, sugar and maple syrup in a pan over a low heat until the sugar has dissolved, then pour it into the rolled oat mixture. Mix well, then pour the mixture into the prepared tin and press down well.

Bake in the oven for about 20 minutes, or until golden brown. Allow to cool completely in the tin on a wire rack. With a sharp knife loosen round the edges.

When firm and cool, pour over the dark chocolate and spread evenly over the surface. Allow to set in a cool place before removing from the tin and slicing into rectangles.