



COOKING CLASSES

AT SUR LA TABLE

FOCUS SERIES IRISH BREADS

WITH SUR LA TABLE CHEF

MENU:

IRISH CHEDDAR AND SPRING ONION SODA BREAD
CARDAMOM AND Currants HOT CROSS BUNS

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Produce

- 4 spring onions or scallions

Dairy

- 1 cup whole milk
- 7 tablespoons unsalted butter
- 2 large eggs
- 4 ounces sharp cheddar, grated
- 12 ounces buttermilk
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Pantry Items

- All-purpose flour
- Active dry yeast
- Bread flour
- Granulated sugar
- Kosher Salt
- Confectioners' sugar
- Vanilla extract
- Baking soda

Dry/Canned Goods

- 1/2 teaspoon ground cardamom
- 1/2 cup raisins
- 1/2 cup currants

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chefs knife
- Cutting board
- Paring knife
- Scissors

Hand Tools/Gadgets

- Whisk
- Bench scraper
- Fine mesh sieve
- Wooden spoon
- Pastry cutter

Cookware

- Baking sheets

Appliances

- Stand mixer with hook attachment

Bakeware

- Piping bag
- Cooling rack
- Mixing bowls, various sizes
- Measuring spoons and cups, various sizes

Other

- Plastic wrap

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Irish Cheddar and Spring Onion Soda Bread

1. Preheat oven to 450°F

Cardamom and Currants Hot Cross Buns

1. Preheat oven to 350°F
2. Line a baking sheet with parchment

IRISH CHEDDAR AND SPRING ONION SODA BREAD

Yield: 1 loaf

This bread is best eaten the day it is made. To check if this loaf is properly cooked, tap the base. It should sound hollow. If it doesn't, return it to the oven for another 5 minutes. If you don't have any buttermilk in the house, add lemon juice to milk to sour it.

*11 1/3 ounces (2 2/3 cups) unbleached all-purpose flour, plus extra for dusting
1 teaspoon baking soda
1 teaspoon fine kosher salt
1 1/2 ounces (3 tablespoons) unsalted butter, cut into 1/2 inch dice
4 ounces (1 cup) grated Kerrygold Dubliner cheese or aged sharp cheddar
4 spring onions or scallions, finely chopped
12 ounces (1 1/2 cups) buttermilk, plus more as needed*

Preheat oven to 450°F with a rack placed in the center.

1. **To prepare the dough:** To a fine-mesh sieve set over a medium mixing bowl add the flour, baking soda, and salt, sift together. To the sifted ingredients add the butter. Using a pastry cutter or your fingers cut or rub the butter into the dry ingredients until a coarse meal forms.
2. To the dry ingredients, make a well in the center and add the cheese and green onions, stir to combine. Add the buttermilk, using a large spoon, stir to combine until it forms a soft dough. Add a small amount of additional buttermilk if necessary, until the dough binds together.
3. To a lightly floured work surface, knead the dough and shape into a round that is roughly 6" in diameter. Place dough on a non-stick baking sheet. Using a paring knife or lame, cut a deep cross in the top.
4. **To bake:** Place into preheated oven and bake for 15 minutes, then reduce temperature to 400°F, and bake for an additional 20 to 25 minutes, or until the loaf is evenly golden and crusty. It should sound hollow when tapped on the bottom. Transfer the baked soda bread to a wire rack and leave to cool for about 20 minutes.
5. **To serve:** Transfer soda bread to a cutting board and cut into slices at the table. This bread is best eaten while it is still warm.

Recipe variations:

-Experiment with other flavorings such as crispy pieces of smoked bacon or finely chopped sundried tomatoes.

CARDAMOM AND CURRANTS HOT CROSS BUNS

Yield: 2 servings

These sweet and delicious rolls celebrate Easter but are delicious year-round.

Buns:

*1 teaspoon active dry yeast
6 ounces whole milk, warmed to 110 F
3 cups plus 2 tablespoons bread flour or all-purpose flour, plus more for shaping
1/4 cup granulated sugar
1 teaspoon kosher salt
1/2 teaspoon ground cardamom
4 tablespoons unsalted butter, room temperature
2 large eggs
1/2 cup raisins
1/2 cup dried currants
Canola oil*

Icing:

*1/2 cup confectioners' sugar
2 teaspoons whole milk
1/2 teaspoon vanilla extract
Pinch of ground cardamom*

Line a rimmed baking sheet with parchment paper. Preheat oven to 350°F.

1. **To make dough:** Whisk the milk, and yeast the bowl of your stand mixer. Cover and allow mixture to sit for about 5 minutes or until foamy on top. To the bowl of the stand mixer fitted with dough hook, add the bread flour, sugar, salt, cardamom, butter, and 1 egg, mix on low to combine. If dough is shaggy and dry add small amounts of water until dough comes together. Increase speed to medium-high and knead for 4 minutes until dough is quite shiny and makes a slapping sound on the sides of the mixer. To the dough, add raisins and currants and mix on low speed until just combined 1 to 2 minutes.
2. To a large bowl, coat the inside with oil and place the dough, cover loosely with plastic wrap, and let sit at room temperature to proof, or until dough has doubled in size and holds an indentation when pressed lightly about 1 hour.

3. To a lightly floured work surface place the proofed dough. Using a bench scraper, divide the dough into 12 equal pieces. Form each piece into a small bun and transfer to lined baking sheet, placing buns seam side down. Arrange dough in a 3 x 4 grid, allowing the buns to gently touch each other. Gently cover buns with plastic wrap and place in a warm area. Allow buns to proof until double in size and hold indentations when pressed lightly, about 30 minutes to 1 hour.
4. To a small bowl add the remaining egg and whisk. Using a pastry brush, brush proofed buns with egg wash. Transfer baking sheet to preheated oven. Bake buns until browned and firm to the touch, about 30 minutes, rotating halfway through. Using a paring knife, separate the rolls to ensure that they are baked through. Transfer buns to a wire rack to cool completely.
5. ***To make the icing:*** To a mixing bowl add the confectioners' sugar, milk, vanilla, and cardamom, whisk to combine. To a piping bag, transfer the icing. Using a pair of scissors cut a small hole in piping bag. Pipe a straight line down the middle of each row of buns. Give the buns a quarter turn and then pipe a line down the middle to create a cross on the top of each bun. Serve at room temperature.

Recipe variations:

-Cardamon and currants can be swapped out with other spices and dried fruit combos. Try cinnamon and raisins, nutmeg, and dried fig.

-Try a savory approach with addition of garlic powder and sun-dried tomato. Switch frosting to a soft cheese like Boursin.