

Bakestone Bread

During the 17th Century, cooking on a griddle over an open fire was the norm. Quick to bake breads were often made as required for the meals of the day. These recipes varied across the UK, often being called bakestone bread in England and Wales and soda farls in Ireland. This is a basic form of the recipe;

Mix 250 grams of plain flour, a pinch of salt and 2 teaspoons of baking powder in a bowl. Add a whisked egg and enough milk to make a loose dough.



Knead the dough to a firm texture, and then press it down onto the bottom of the bowl. Turn out onto a warm griddle plate and cut into four pieces. The dough should be no more than 1cm thick at the start of the bake.

You should set the griddle at a low or moderate heat and turn the bread frequently to make sure that it bakes evenly on both sides. When the bread is browned well on both sides, but not burned, it is done. Allow to cool as the bread will need to finish cooking in the middle.



This type of bread can be eaten whole. Cut in half and filled or cut in half and toasted. It is good toasted, spread with butter and eaten warm.

For traditional Irish soda farls, the ingredients should be;

250g plain flour
1/2 teaspoon salt
1 teaspoon bicarbonate of soda
250ml buttermilk