

Bunratty Folk Park
Enjoy the true taste of the Ireland's
Past Pleasures and Present Delights

<p style="text-align: center;">Fruit Scones</p> <p>Ingredients</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1lb (450g) White Flour</td> <td style="width: 50%;">3 Tsp White Sugar</td> </tr> <tr> <td>2 Tsp Baking Powder</td> <td>2 Eggs</td> </tr> <tr> <td>Pinch of Salt</td> <td>3 ozs (75g) Sultanas</td> </tr> <tr> <td>1 Tsp Bread Soda</td> <td>½ Pt (285 ml) Buttermilk</td> </tr> <tr> <td>4 ozs (100g) Margarine</td> <td></td> </tr> </table> <p>Method</p> <p>Mix all dry ingredients together. Blend in margarine. Add sultanas. Gradually add beaten eggs and Buttermilk until there is a sponge-like mixture. Roll out to 2½cm thickness (1 inch). Cut into shape using a round cutter and place on a lightly greased baking tray. Bake in a hot oven Gas Mark 6, Electric - 400° F, 200° C for 20 minutes. Makes 24 scones approximately.</p>	1lb (450g) White Flour	3 Tsp White Sugar	2 Tsp Baking Powder	2 Eggs	Pinch of Salt	3 ozs (75g) Sultanas	1 Tsp Bread Soda	½ Pt (285 ml) Buttermilk	4 ozs (100g) Margarine		<p style="text-align: center;">Wholemeal Brown Bread</p> <p>Ingredients</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">8 ozs (200g) Wholemeal Flour</td> <td style="width: 50%;"></td> </tr> <tr> <td>Pinch of Salt</td> <td></td> </tr> <tr> <td>8 ozs (200g) White Flour</td> <td></td> </tr> <tr> <td>½ pt (285 ml) Buttermilk</td> <td></td> </tr> <tr> <td>1 Tsp Bread Soda</td> <td></td> </tr> <tr> <td>1 Tsp Baking Powder</td> <td></td> </tr> </table> <p>Method</p> <p>Mix all the dry ingredients together. Gradually add Buttermilk until mixture forms doughy consistency. Make into a ball and flatten slightly using a dusting of flour on each side. Lightly cut the top in a cross pattern of the flattened dough. Put onto a lightly greased baking tray. Bake in a hot oven Gas mark 6, Electric - 400° F, 200° for 30 minutes.</p> <p>White Soda Bread can be made using all White Flour.</p>	8 ozs (200g) Wholemeal Flour		Pinch of Salt		8 ozs (200g) White Flour		½ pt (285 ml) Buttermilk		1 Tsp Bread Soda		1 Tsp Baking Powder	
1lb (450g) White Flour	3 Tsp White Sugar																						
2 Tsp Baking Powder	2 Eggs																						
Pinch of Salt	3 ozs (75g) Sultanas																						
1 Tsp Bread Soda	½ Pt (285 ml) Buttermilk																						
4 ozs (100g) Margarine																							
8 ozs (200g) Wholemeal Flour																							
Pinch of Salt																							
8 ozs (200g) White Flour																							
½ pt (285 ml) Buttermilk																							
1 Tsp Bread Soda																							
1 Tsp Baking Powder																							
<p style="text-align: center;">Wholemeal Scones</p> <p>Ingredients</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">8ozs (225g) White flour</td> <td style="width: 50%;">1 Tsp Bread Soda</td> </tr> <tr> <td>8ozs (225g) Wholemeal flour</td> <td>1 Tsp Baking Powder</td> </tr> <tr> <td>Pinch of Salt</td> <td>4 ozs (100 g) of Butter</td> </tr> <tr> <td>2 Large egg</td> <td>½ pt (285 ml) Buttermilk</td> </tr> </table> <p>Method</p> <p>Mix all dry ingredients together. Gradually add Buttermilk and beaten egg until you have a sponge-like mixture. Roll out to 2½cm (1 inch) thickness. Shape using a round cutter and place on a lightly greased baking tray. Bake in a hot oven Gas mark 6, Electric - 400°F, 200°C for 20 minutes. Makes 24 scones approximately.</p>	8ozs (225g) White flour	1 Tsp Bread Soda	8ozs (225g) Wholemeal flour	1 Tsp Baking Powder	Pinch of Salt	4 ozs (100 g) of Butter	2 Large egg	½ pt (285 ml) Buttermilk	<p style="text-align: center;">Apple Pie</p> <p>Ingredients</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">10 ozs (275g) Plain Flour</td> <td style="width: 50%;">2 Eggs</td> </tr> <tr> <td>6 ozs (175g) Margarine</td> <td>2 ozs(50g) White Sugar</td> </tr> <tr> <td>3 large cooking apples</td> <td></td> </tr> </table> <p>Method</p> <p>Rub flour and margarine together until they resemble breadcrumb like mixture. Add sugar, mix well. Gradually add beaten eggs. (Cold water may be added if mixture is too dry) Roll out 2 pieces of pastry to cover a 10 inch plate. Place one pieces of pasty and cover with sliced apple. Sprinkle with sugar and cover with second piece of pastry. Seal the edges and score the top. Bake in a hot oven Gas Mark 6, Electric – 400° F, 200° C, for 30 minutes.</p>	10 ozs (275g) Plain Flour	2 Eggs	6 ozs (175g) Margarine	2 ozs(50g) White Sugar	3 large cooking apples									
8ozs (225g) White flour	1 Tsp Bread Soda																						
8ozs (225g) Wholemeal flour	1 Tsp Baking Powder																						
Pinch of Salt	4 ozs (100 g) of Butter																						
2 Large egg	½ pt (285 ml) Buttermilk																						
10 ozs (275g) Plain Flour	2 Eggs																						
6 ozs (175g) Margarine	2 ozs(50g) White Sugar																						
3 large cooking apples																							
<p style="text-align: center;">Porter Cake</p> <p>Ingredients</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">450g (1lb) Raisins</td> <td style="width: 50%;">50g (2 ozs) Glace Cherries</td> </tr> <tr> <td>225g (8 ozs) Margarine</td> <td>50g (2 ozs) Candied Peel</td> </tr> <tr> <td>225g (8 ozs) Brown Sugar</td> <td>½ pint (285 ml) Guinness</td> </tr> <tr> <td>700g (1½ lb) White Flour</td> <td>¼ Tsp Cinnamon</td> </tr> <tr> <td>1 Tsp Mixed Spice</td> <td>Pinch of Salt</td> </tr> <tr> <td>1 Tsp Bread Soda</td> <td>4 Eggs</td> </tr> </table> <p>Method</p> <p>Place all the fruit, margarine, sugar and Guinness in a saucepan and bring to the boil. Allow to cool. Gradually add the flour and other dry ingredients. Then add the beaten eggs. Line an 8inch (20cm) tin with greased paper. Bake in a pre heated oven Gas mark 4, Electric - 350°F, 180°C for 1 hour. Reduce the oven temperature to Gas mark 2, 300° F, 150° C for a further half hour. Allow to cool on wire tray. Store in an airtight container.</p>	450g (1lb) Raisins	50g (2 ozs) Glace Cherries	225g (8 ozs) Margarine	50g (2 ozs) Candied Peel	225g (8 ozs) Brown Sugar	½ pint (285 ml) Guinness	700g (1½ lb) White Flour	¼ Tsp Cinnamon	1 Tsp Mixed Spice	Pinch of Salt	1 Tsp Bread Soda	4 Eggs	<p style="text-align: center;">Fruit Cake</p> <p>Ingredients</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">225g (8 ozs) White Flour</td> <td style="width: 50%;">3 Tsp White Sugar</td> </tr> <tr> <td>2 Tsp Baking Powder</td> <td>2 Eggs</td> </tr> <tr> <td>Pinch of Salt</td> <td>50G (2 ozs) Raisins</td> </tr> <tr> <td>1 Tsp Bread Soda</td> <td>½ pt (285 ml) Buttermilk</td> </tr> <tr> <td>50g (2 ozs) Margarine</td> <td></td> </tr> </table> <p>Method</p> <p>Mix all dry ingredients together; gradually add Buttermilk and beaten eggs until you have a sponge-like mixture. Turn into a well greased 5inch tin, lined with grease proof paper. Bake in a hot oven, Gas Mark 6, Electric - 400° F, 200° C for 30 mins. Allow to cool on a wire tray.</p>	225g (8 ozs) White Flour	3 Tsp White Sugar	2 Tsp Baking Powder	2 Eggs	Pinch of Salt	50G (2 ozs) Raisins	1 Tsp Bread Soda	½ pt (285 ml) Buttermilk	50g (2 ozs) Margarine	
450g (1lb) Raisins	50g (2 ozs) Glace Cherries																						
225g (8 ozs) Margarine	50g (2 ozs) Candied Peel																						
225g (8 ozs) Brown Sugar	½ pint (285 ml) Guinness																						
700g (1½ lb) White Flour	¼ Tsp Cinnamon																						
1 Tsp Mixed Spice	Pinch of Salt																						
1 Tsp Bread Soda	4 Eggs																						
225g (8 ozs) White Flour	3 Tsp White Sugar																						
2 Tsp Baking Powder	2 Eggs																						
Pinch of Salt	50G (2 ozs) Raisins																						
1 Tsp Bread Soda	½ pt (285 ml) Buttermilk																						
50g (2 ozs) Margarine																							

Note; Bread Soda is also known as Bicarbonate of Soda.