



IRISH AMERICAN HERITAGE MUSEUM
Maureen Farrell McCarthy
Amateur Irish Soda Bread Competition
Saturday March 4, 2017 ♦ Registration 10AM-Noon ♦
Awards 2PM

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Irish American Heritage Museum

Maureen Farrell McCarthy Amateur Irish Soda Bread Competition
Saturday, March 4, 2017 ♦ Registration 10AM-Noon ♦ Awards 2PM

Introduction

The Irish American Heritage Museum in New York State's Capital City of Albany, its Board of Trustees and its members are dedicated to the mission of telling the stories of the contributions of the Irish people and their culture in America and inspiring individuals to examine their own heritage. Based on its mission, the Museum has created and is truly excited to announce the Fourth Annual Maureen Farrell McCarthy Irish Soda Bread Competition, to be held on Saturday, March 4th, 2015, at the home of the Irish American Heritage Museum, 370 Broadway, Albany, NY 12207.

A Very Short History of Soda Bread

The first known and written recipe for Irish soda bread was published in the November 1836 issue of the Farmer's Magazine (London), page 328, referenced in the Irish newspaper from County Down. This recipe of white flour, salt, bread soda (baking soda) and an acid such as sour milk or buttermilk established the traditional Irish soda bread. So if your recipe contains anything more than the original four ingredients cited in the County Down recipe, such as additional ingredients like raisins, eggs, currants, butter, caraway seeds, sugar and other ingredients, you are not about to make a traditional Irish soda bread! You are making what is called "spotted dog" or "railway cake," which has become, over the past one hundred and seventy plus years, non-traditional soda breads. These non-traditional soda breads have become wonderful, sacred family "improved," thought to be traditional soda breads. -- Source: Society for the Preservation of Irish Soda Bread (<http://www.sodabread.info/Sodabreadhistory/sodabreadhistory.htm>, sodabreadsociety.blogspot.com, or on FaceBook)

For more information contact: Ryan Mahoney, Executive Director
518-427-1916 ♦ E-mail: info@irish-us.org ♦ www.irish-us.org
Irish American Heritage Museum ♦ 370 Broadway, Albany, NY 12207

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Maureen Farrell McCarthy Amateur Irish Soda Bread Competition
Saturday, March 4, 2017 ♦ Registration 10AM-Noon ♦ Awards 2PM

Competition Information

The Fourth Annual Maureen Farrell McCarthy Amateur Irish Soda Bread Competition

- **Sponsored by the Irish American Heritage Museum, Albany, NY.**
- **Saturday, March 4, 2017, beginning at 10AM with awards at 2PM.**
- **The competition is being held at the Irish American Heritage Museum, 370 Broadway, Albany.**
- **Parking is available on the streets and is free on the weekends; please do not park in the private lots behind the Museum.**
- **The competition involves two categories:**
 - **(1) traditional white flour soda bread;**
 - **(2) family, not strictly traditional (FNST) Irish Soda Bread.**
- **Competitors may only submit one recipe for each category but may enter multiple categories.**
- **\$5 Entry fee per category will be assessed.**
- **Two soda breads from exactly the same recipe must be entered for any category in which an entry is submitted: one for display and one for the judges to examine and to eat.**
- **Two copies of the recipe on the Official Recipe Form must be submitted with each entry. The baker's name must NOT be on the recipe form.**
- **Entries for each category must be delivered unwrapped between 10 AM and 12 noon, accompanied by the entry & recipe forms and entry fee.**
- **Irish American Chefs will begin judging the soda breads as they are received.**
- **The winners will be announced at 2:00 pm on Saturday, and they must be present at the awards ceremony – please see awards listed below.**
- **Pre-registration is available please see Entry Instructions for details.**

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The Museum Trustees and Staff
Thank You for your participation in the competition.

Judging Criteria

All entries will be judged using the following general criteria:

- **Freshness**
- **Overall authenticity**
- **Adherence to mandated recipes for traditional soda breads**
- **Shape**
- **Proper cross cuts**
- **Moisture**
- **Bread chew**
- **Crumb**
- **Wheaten flavor**
- **Soda taste**
- **Even browning**
- **Balance of flavor regarding additional ingredients**

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Competition Categories

♦ Please note that the competition involves two (2) categories:

1. Traditional White Irish Soda Bread:

Entrees in this category must contain these four ingredients only.

- **White Flour**
- **Sour milk or buttermilk**
- **Baking soda / bread soda or sodium bicarbonate**
- **Salt**

NOTE: Do not use self rising flour or baking powder. Bread containing ANY ingredient other than those listed above will not be accepted in this category. They may be entered in Family Not Strictly Traditional category.

2. Family (not strictly traditional, FNST):

Entrees in this category are based on basic soda bread ingredients plus

- **Any kind of flour**
- **Any source of acid such as buttermilk, yogurt, sour cream, etc.**
- **Any chemical leavener such as baking soda, baking powder, cream of tartar, self rising flour**
- **And any other ingredients that are traditional in your family, including but not limited to raisins, currants, butter, sugar, eggs, seeds, etc.**

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Competition Rules

♦ Please note that all entrants **MUST** follow these rules:

- Entries will be confined to amateur bakers.
- Members of the Staff or Board of the Museum and their immediate family members are not eligible to participate in the event.
- No prepared mixes will be allowed.
- Two loaves of the soda bread being entered must be submitted for each category entered (NOTE: you are not required to enter all the categories): one for the judges to critique and one for display.
- All entries must be accompanied by the Official Recipe Form with the complete recipe. The baker's name must **NOT** be present on the recipe form.
- Entries must be delivered unwrapped accompanied by the Recipe Form, the Entry Form and \$5 entry fee (per category).
- Ingredients defined by the competition categories must be adhered to and reflected precisely in the recipe.
- All persons making entries accept the final decisions of the judges.
- By submitting the recipes for the soda breads, the recipes become the property of the Irish American Heritage Museum for use in publishing the winning recipes.
- Entrants retain all the rights to their recipes.

Prizes to be Awarded

♦ Please note that Winners must be present at the awards ceremony.

- 1st place winner in each category is awarded \$300.
- 2nd place winner in each category is awarded a \$100 Gift Card to Price Chopper Supermarkets.
- 3rd place winner in each category is awarded an Irish Cuisine Cook Book

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Entry Instructions

ALL ENTERIES MUST HAVE (For EACH Category Entered)

- Completed Entry Form**
 - **If you are entering multiple categories completely fill out one form and for each additional category entered fill in your name, sign the certification and select the category for that form.**
- Completed Recipe Form (with recipe on it TWICE), if necessary use additional pages.**
- \$5 Entry Fee (for each category entered)**
- Two (2) Loaves of Bread (not wrapped)**

Forms may be completed two (2) ways

- **Type the recipe into the digital file for the Form and then print it OR**
- **Print the Form and then fill it in manually.**

Pre-Registration

- **Complete the Entry Form(s) and return to the Museum by:**
 - **Delivering it to the Museum**
 - **E-mailing a copy of the form to info@irish-us.org**
 - **Faxing a copy to (518) 427-1915**
 - **Mailing a copy to: Irish American Heritage Museum, 370 Broadway, Albany, NY 12207.**
- **Entry Fee (Fees if more than one category entered) will be collected on March 5th during registration.**
- **Please call the Museum at (518) 427-1916 to confirm receipt of your pre-registration.**
- **When you arrive at the Museum on March 4th between 10AM and 12 noon bring your bread and Entry Fee (Fees if more than one category entered) to the Pre-Registered line.**

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Entry Form

Please fill out the entry form and present it with your two (2) soda bread loaves,
accompanied by your recipe form and \$5 Entry Fee.

*If you are entering multiple categories please completely fill out an entry form for one category and
for any additional categories complete only your name, the certification and category entered and
submit a \$5 Entry Fee for each category.*

Pre-register by submitting your entry form to the Museum by March 4th.

Name _____

Address _____

City _____ State _____ Zip _____

Telephone Contact Information

() _____

E-mail address _____

I certify I am not a professional baker. These breads were cooked by me alone
without professional assistance, and I have adhered to the ingredient restrictions
specified in the rules as documented on my Recipe Form.

Signed _____ Date _____

Category Entered:

- Traditional White
- Family (not-strictly traditional)

FOR MUSEUM STAFF USE:	
Entry Number:	
TW _____	Entry
	Fee
F _____	\$ _____

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Recipe Form – Traditional White

Please complete this form if you are entering the Traditional White Competition by either typing into the digital file and then printing it OR by printing the form and handwriting your recipe in. You are required to submit one Recipe Form (with the recipe written on it twice) and a \$5 Entry Fee for each category you enter.

Traditional White Irish Soda Bread

Museum Use Only

Oven Temp: _____ Bake Time: _____

TW- _____

Ingredients with Amounts:

_____ White Flour _____ Salt

_____ Buttermilk or Sour Milk _____ Baking Soda

Directions/Methods:

Traditional White Irish Soda Bread

Museum Use Only

Oven Temp: _____ Bake Time: _____

TW- _____

Ingredients with Amounts:

_____ White Flour _____ Salt

_____ Buttermilk or Sour Milk _____ Baking Soda

Directions/Methods:

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Recipe Form – Family – Not Strictly Traditional

Please complete this form if you are entering the Family Style Competition by either typing into the digital file and then printing it OR by printing the form and handwriting your recipe in. You are required to submit one Recipe Form (with the recipe written on it twice) and a \$5 Entry Fee for each category you enter.

Family Style Irish Soda Bread

Oven Temp: _____ Bake Time: _____

Ingredients with Amounts:

Directions/Methods:

Museum Use Only

F- _____

Family Style Irish Soda Bread

Oven Temp: _____ Bake Time: _____

Ingredients with Amounts:

Directions/Methods:

Museum Use Only

F- _____

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Tips for Baking Your Irish Soda Bread

- **Bake your breads as close to the entry time as your resources will allow you. Your breads should be as fresh as possible.**
- **All purpose flour is the flour to use. If you have access to pastry flour it is the closest to the soft flour from Ireland.**
- **NOTE: Your choice of flour will not impact the judges' decisions.**
- **Your local Price Chopper Supermarkets feature a wide selection of flours and the ingredients to make the breads indicated in all three categories to be judged.**
- **Access to Irish flour is possible to purchase online. Odlums is very good Irish flour both white and wheaten. Odlum website: www.odlum.ie.**
- **The internet websites, and Irish cookbooks, pertaining to Irish soda breads and the history of Irish cooking are in the thousands. Accessing these resources can be most informative.**
- **Resources: www.odlum.ie, *Irish Country Cooking*, Malachi McCormack, Potter, 1981, sodabreadsociety.blogspot.com, The Society for the Preservation of Irish Soda Bread(Also on Facebook)**

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