



IRISH AMERICAN HERITAGE MUSEUM
Maureen Farrell McCarthy Amateur Irish Soda Bread Competition
and
Peter Desmond Irish Porter Cake Competition

Drop off baked goods on FRIDAY 3rd of MARCH 9am-5pm

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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)

Competition Information

- Sponsored by the Irish American Heritage Museum, Albany, NY.
- Friday, March 3, 2023, drop off cake or bread between 9.00am and 5pm at the Irish American Heritage Museum, Quackenbush Square, Albany, and must be accompanied by the entry & recipe forms and entry fee.
- Parking is available on the street or in the lot behind the museum and is metered.
- The competition involves two categories:
 - (1) Chef Peter Desmond Irish Porter Cake
 - (2) Maureen Farrell McCarthy Family, not strictly traditional (FNST) Irish Soda Bread.
- Competitors may only submit one recipe for each category but may enter both categories.
- \$10 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.
- Soda breads can include any ingredients you would like – cheese; seeds; fruit, etc. – but the two breads must be identical.
- Only ONE porter cake is submitted for the judges with the remainder on display.
- **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.
- Irish American Chefs will announce 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.
- The Irish American Heritage Museum will post the winning recipes on our website. Entrants retain all the rights to their recipes.

Prizes to be Awarded

Winners should be present to receive their prizes. We will award 1st, 2nd, and 3rd places in both categories.

*Museum Trustee & Irish American Chef Harold Qualters,
Former Owner & Chef of Qualters Restaurant, Albany, NY,
Thank You for your participation in this contest.*

The Judges

🍷 | *Chef Michael Kiernan*
Corporate Chef, Stewart's Shops, Albany, NY

🍷 | *Chef Andrew Ottati*
Culinary Educator at Questar III, Troy, NY

🍷 | *Patrick Hale*
Irish American Heritage Museum Trustee

Judging Criteria

All entries will be judged using the following general criteria:

- Freshness
- Overall authenticity
- The Cake and bread will be judged according to the recipe you submit, so do not have "secret" or unlisted ingredients.
- Shape
- Proper cross cuts
- Moisture
- Bread chew
- Crumb
- Wheaten flavor
- Soda taste
- Even browning
- Balance of flavor regarding additional ingredients
- 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.

Entry Form

Please fill out the entry form and present it with your two (2) soda bread loaves OR one (1) Porter Cake, with your recipe form and \$10 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 \$10 Entry Fee for each category.

Name _____

Address _____

City _____ State _____ Zip _____

Telephone Contact Information

() _____

E-mail address _____

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:

- Peter Desmond Porter Cake
- Family (not-strictly traditional)

| | |
|-----------------------|----------|
| FOR MUSEUM STAFF USE: | |
| Entry Number: | |
| PC _____ | Entry |
| | Fee |
| F _____ | \$ _____ |

Recipe Form Peter Desmond Porter Cake

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.

Peter Desmond Porter Cake

Oven Temp: _____ Bake Time: _____

Ingredients with Amounts:

Directions/Methods:

Museum Use Only

PC- _____

Peter Desmond Porter Cake

Oven Temp: _____ Bake Time: _____

Ingredients with Amounts:

Directions/Methods:

Museum Use Only

PC- _____

Recipe Form – Family Not 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- _____

Tips for Baking Your Irish Soda Bread

- Your bread should be as fresh as possible.
- While this recipe can include any combination of ingredients, you must include them all in your recipe.
- Irish flour is available to purchase in the Museum giftshop or in Counties of Ireland in Troy. 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, Porter cake, 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,) *The Irish Cookbook*, (Jp McMahan)
- sodabreadsociety.blogspot.com, The Society for the Preservation of Irish Soda Bread (Also on Facebook)

Tips for Baking Your Porter Cake

If boiling your fruit, allow it to cool before you incorporate it into your cake. Don't over-mix, but make sure the fruit is evenly distributed.

Ovens can be tricky, so make sure your cake is cooked through, by testing all over with a skewer, or an internal temperature of 185.

The batter will be thick and heavy which means the cake will be quite dense. This is normal! If the batter is too thin, the fruit will sink to the bottom.