

Learning Can Be Fun!

Irish Soda Bread

Because yeast bread made with the flour available in parts of rural Ireland didn't rise very well, people began using baking soda instead of yeast. When used in combination with something acidic like buttermilk or yogurt, baking soda is a reliable leavening agent. Buttermilk is used in most recipes for Irish soda bread. Some recipes include caraway seeds, some do not. Many recipes include a cup of raisins. Some recipes call for one or two cups of whole wheat flour in combination with a couple of cups of white flour, some use only white flour. Try this "irresistible" recipe—or a variation on it if you like. Try adding caraway seeds, a cup of raisins, craisins or chopped nuts if you like. Share your Irish soda bread with your family, classmates or friends. It tastes best a few hours after baking and only keeps well for a couple of days, so be sure to freeze any leftovers if you don't think you'll finish them soon.

Irresistible Irish Soda Bread

Ingredients:

3 cups all-purpose flour
1 tablespoon baking powder
1/3 cup white sugar
1 teaspoon salt

1 teaspoon baking soda
1 egg, lightly beaten
2 cups buttermilk
1/4 cup butter, melted



Directions:

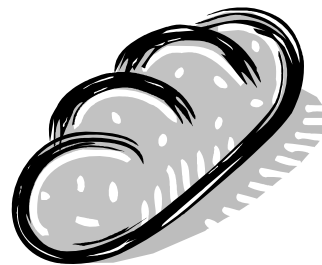
1. Preheat oven to 325 degrees F.
2. Grease a 9 x 5 inch loaf pan.
3. Combine flour, baking powder, sugar, salt and baking soda.
4. Blend egg and buttermilk together, and add all at once to the flour mixture. Mix just until moistened.
5. Stir in butter.
6. Pour into prepared pan.
7. Bake for 65 to 70 minutes, or until a toothpick inserted in the bread comes out clean.
8. Cool on a rack.
9. Wrap in foil for several hours or overnight for best flavor.

Recipe submitted by Karin Christian

Prep Time: 15 minutes

Cook Time: 65-70 minutes

Yield: 12 servings



Irresistible Irish Soda Bread recipe courtesy of <http://allrecipes.com/Recipe/Irresistible-Irish-Soda-Breas/Detail.aspx>; reprinted with permission from allrecipes.com

Other typical Irish recipes you might like to try include corned beef and cabbage, Irish stew, Irish scones, Boxy potatoes (potato cakes) or parsnip and apple soup. See www.ireland-information.com/irishrecipes/index.htm for more recipe suggestions.



Expanding Your Mind!

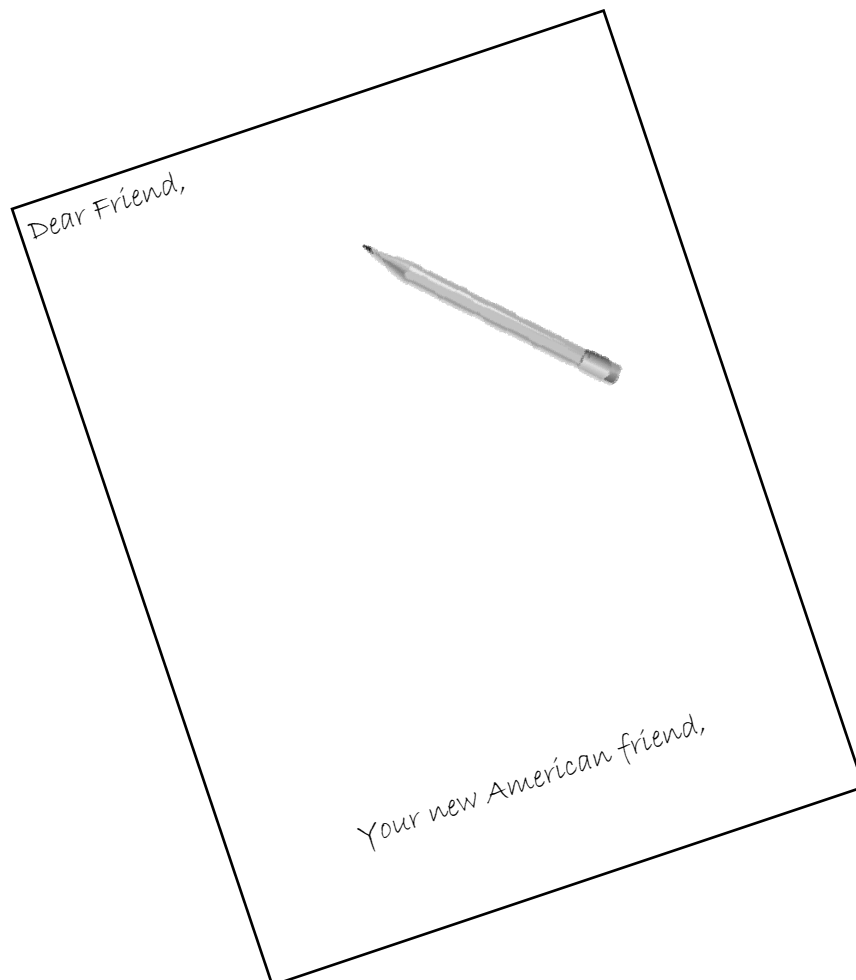
Cultural Exchange With Pen Pals

The United States and Ireland have numerous things in common and many people came to this country from Ireland, bringing their customs, religious beliefs and culture with them. There are also many differences between our two countries. What aspects of life in Ireland interest you? Are there particular things you would like to know about life as a student your age? What do you think a student in Ireland would like to know about you, your school, your friends and family, your interests, hobbies, etc.?

Imagine that you are writing to a pen pal in Ireland for the first time. Introduce yourself to your new friend. Tell him or her a bit about yourself and your life, the activities of a typical day at school and on weekends, what you do on vacations and anything else you think might be of interest. Share your preferences in music, sports, etc. Then ask your new friend questions about life in Ireland and things that interest you.

Share your letter with your classmates. What questions did your classmates have that were different from yours? Which things seemed to be of interest to everyone? If you like, the teacher can list all of the students' questions on the board and tally how frequently each question was asked.

Note: If you would like to find a real Irish pen pal, go to <http://www.irishpenpals.com> to request one. This service allows you to maintain your privacy. You do not need to send your email address to Ireland. Email addresses are not shared and mailings are done through a server. There is no charge for this service.





Bank of America SchoolTime Series



CELTIC WORD SCRAMBLE



How many of these words can you unscramble? The Irish are known as great storytellers. After you have unscrambled these words, make up a story including all of them. Read your story to your classmates and compare the different results created from the same words.

NIDALTARTOI _____

SONIGIEDUN _____

TAZNOGBOILAIL _____

NASE-ONS _____

CEDETNASP _____

SEGILIH _____

TRACNONICE _____

LINALUNE SPEPI _____

LICUSSGOMTIO _____

ROBSWENY _____

PRIDASOA _____

NOPHERPI _____

LECICT DRORSOCASS _____

Answers: TRADITIONAL, INDIGENOUS, GLOBALIZATION, SEAN-NOS, STEPDANCE, GHILLIES, CONCERTINA, UILLEANN PIPES, MUSICOLOGIST, WRENBOYS, DIASPORA, HORNPipe, CELTIC CROSSROADS

We want to hear from YOU! Write to us at The Marcia P. Hoffman Performing Arts Institute at Ruth Eckerd Hall, 1111 McMullen Booth Road, Clearwater, FL 33759

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Additional Resources

Ask your school or local librarian for help in locating these books for you!

A Pocket History of Irish Traditional Music
by Gearoid O hAllmhurain

Field Guide to the Irish Music Session
by Barry Foy

The Companion to Irish Traditional Music
by Fintan Vallely

Traditional Music in Ireland
by Tomas O Canainn

Last Night's Fun: A Book About Irish Traditional Music
by Ciaran Carson

Check out these Internet sites for additional information!

www.murphyroche.com/Resources/Irish_Traditional_Music.htm

www.standingstones.com/cmaitm.html

http://worldmusic.nationalgeographic.com/worldmusic/view/page.basic/genre/content.genre/sean_nos_784

www.folkmusic.net/htmlfiles/inart378.htm

<http://www.alan-ng.net/irish/learning/>

