

ULSTER FOLK and TRANSPORT MUSEUM

**COOKING**  
**AT**  
**CULTRA**

Teachers/Leaders resource

## COOKING AT CULTRA

Teachers/Group Leaders may come to Cultra with small, well-supervised groups of pupils to experience some aspects of daily domestic life, especially open-hearth cooking, in selected houses in the open-air Museum. Because of safety regulations, a maximum of six children and a teacher can be accommodated in a house at any time. If a large class is involved in the visit, cooking activities can be enjoyed by all the children in relays while the rest of the class follow a different study topic.

### **Equipment supplied by the Museum**

Pot-oven, griddle, kettle, pots etc.

### **Equipment to be brought by the school**

All ingredients and foodstuffs

Washing-up liquid and dish towels

Tea, sugar, milk, butter, jam, as necessary

### **SAFETY PRECAUTIONS**

1. There must be a teacher in charge of the children at all times.
2. In case of accident, inform the Visitor Guide on duty immediately.
3. Please do not play radios or tape recorders - the houses are open to the public and such behaviour disturbs other visitors.
4. All houses must be left clean and tidy. Any non-burnable rubbish should be taken away.

## Champ

### Ingredients

About 5 large spring onions (number may vary according to size of onions)

1<sup>1</sup>/<sub>2</sub> pints milk

3 level teaspoons salt

4<sup>1</sup>/<sub>2</sub> lbs potatoes

4 ozs butter

pepper to taste

### Method

Trim, cut and chop the onions and leave to soak in the milk. Boil the potatoes until well cooked. Drain and peel, returning peeled potatoes to the pot. Heat the milk and onions, adding the butter, salt and pepper to taste. Gradually beat the milk, butter and onions into the potatoes. Keep beating, mashing and stirring until the potatoes are fluffy and the milk, butter and onions are entirely absorbed.

Traditionally, champ was piled on individual plates or bowls. A 'well' was then made in the centre of each portion and a large knob of unsalted butter slipped in and allowed to melt. Champ was eaten with a spoon from the outside, dipping each spoonful into the well of melted butter.

## Irish Stew

### Ingredients (for about 12 people)

2 lbs stewing mutton (or beef if preferred)

7 lbs potatoes

1 lb carrots

1 lb onions

salt

pepper

hot water

### Method

Prepare meat, removing excess fat and dicing into about 1 in cubes. Add to pot, cover with water and bring to the boil. Once boiling allow to simmer.

Clean, peel or scrape potatoes and carrots. Cut about <sup>1</sup>/<sub>3</sub> to <sup>1</sup>/<sub>2</sub> potatoes in thin slices and remainder into larger chunks. Add to cooking pot, along with sliced carrots. Add salt and pepper to taste. Fill with cold water until contents are just about covered. Bring to boil and allow to simmer for 1-1<sup>1</sup>/<sub>2</sub> hours. Serve on hot dishes.

**Note:** For school groups making this recipe in the Museum, it is worthwhile lining the cooking pot with tin foil to save a laborious cleaning job - and the final product is much easier to eat with forks and spoons rather than knives and forks.

# RECIPES

## Soda Bread

### Ingredients

1<sup>1</sup>/<sub>2</sub> lbs Plain Flour

1 teaspoonful Bicarbonate of Soda

1 teaspoonful Cream of Tartar

1 teaspoonful salt

Buttermilk - about <sup>3</sup>/<sub>4</sub> pint - quantity varies with quality of flour

### Method

Sieve the dry ingredients into a basin. Stir up the buttermilk; make a well in the centre of the flour and add enough buttermilk to make a thick dough. Much of the lightness of the bread depends on the mixing. Add about half of the buttermilk at first and, using a knife, draw the flour in from the sides, always adding more liquid as the batter thickens.

Flour the baking tray and turn the mixture out on to it. Dredge with flour and knead lightly by turning the corners into the centre, turning the whole as you do so. Now lightly roll out the dough to half an inch thickness. Cut in two, then in two again to make four farls.

### To bake on a Griddle

Have the griddle only hot enough to prevent the farls sticking, not hot enough to brown them at once. Set the farls on the griddle and place over a gentle heat. Cook very slowly until risen and there is a white skin on top. This usually takes nine to ten minutes. Increase the heat (by lowering the griddle) till brown underneath, then turn very gently and bake till brown on both sides. It takes about fifteen minutes altogether from they go on to the griddle. The farls are cooked when they are dry on opening up the edges.

## Wheaten Bread

### Ingredients

1<sup>1</sup>/<sub>4</sub> lbs Wholemeal

<sup>1</sup>/<sub>4</sub> lb Plain Flour

1 small teaspoonful Bicarbonate of Soda

1 small teaspoonful Cream of Tartar

1 teaspoonful salt

Buttermilk

### Method

Put the wholemeal into a basin, over it sieve the other dry ingredients and mix well. Make a well in the centre and stir in enough buttermilk to make a nice dough. Turn on to a floured board. Knead lightly till free from cracks. Roll out and bake as directed for Soda Bread.