

Carrot, honey & hogweed seed soda farls with caramelised apple butter

Hogweed seed is in all of the hedgerows and it is one of my favourite flavours. This native spice is reminiscent of coriander or fennel seed and one that I feel is massively overlooked!

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Method: Farls

Gather a handful of brown and dried hogweed seed or whatever whole spice you like. If you're not confident to pick it yourself then cinnamon, nutmeg, ginger or all three would work as a swap out for this.

Toast in a dry pan over medium heat to make the seeds crisp up. Just a minute or two until they are fragrant.

Grind thoroughly in a spice grinder or mortar and pestle. You should have about 2 tbsp in total. Add the spice and all of the dry ingredients to a bowl. Stir and toss together thoroughly.

Mix together the honey, yogurt and carrot in a separate bowl. Add the wet ingredients to the dry and stir gently with a butter knife.

The key to a light soda bread is to not mix too much. It should be soft but not wet. Turn out gently onto a floured surface and bring together gently. Roll or press out to about an 18 cm circle. It should be around 1.5cm thick. Cut the circle into 4 to make the farls.

Cook on a dry pan or griddle on a medium heat for about 8-10 minutes a side. Wrap the cooked farls in a clean tea towel to steam until cool enough to slice. Generously spread with apple butter while still warm.

A few toasted wild hazelnuts are a special addition too!

Ingredients

For the butter

4 eating apples
1 or 2 tsp of brown sugar
½ tsp of salt
200g butter

Makes around 250g butter

For the farls

80g plain flour plus extra for dusting
1 tsp salt
1 tsp baking soda
2 tbsp ground hogweed
60g honey
150g plain yoghurt plus 2 tbsp of water
(or 150g butter milk)
100g finely grated carrot

Makes 4 farls

Method: Butter

Peel, core and chop your apples. I used my own apples which are a heritage species called Finola Lee but use your favourite.

Add the sugar, salt and the apples to a pan and cook over a medium-low heat gently until the sugar melts and the apples start to take on some colour and break down.

We are aiming to reduce some of the liquid in the apple so that it will blend easily with the butter. This should take about 15 minutes. The darker the colour the better but be careful not to let this burn. Turn the heat down if it starts to catch.

Once the apples are brown and very soft add in the butter, allow to melt and bring to a simmer to add a nutty note to the butter. This should take about 5 minutes. Again, keep an eye on this so that it doesn't burn.

Take off the heat and allow to cool for about 5mins before emulsifying with a stick blender or in a food processor.

Pour into a sterilised jar or container. Chill and store in the fridge for up to a week.

