

**Irish with a theme!**

***Gaeilge le téama!***

How to make brown bread

*Conas arán donn a dhéanamh*

A demonstration

*Taispeántas*

Hello and welcome! My name is Kathleen and I'm an Irish language tutor with Dublin and Dun Laoghaire Education and Training Board.

Today I'll be teaching you how to make brown bread — through Irish!

*Dia dhaobh agus fáilte! Is mise Caitlin agus oibrím mar theagascdir Gaeilge le Bord Oideachais agus Oiliúna Átha Chliath agus Dhún Laoghaire. Inniu múinfidh mé daoibh conas arán donn a dhéanamh — trí Ghaeilge!*

It's my opinion that the best way of learning is through doing — tactile learning - so today you will learn Irish — through baking! I'm not saying I'm an expert baker — but we'll have brown bread - and lots of learning.

*Is é mo thuairmse, gurb é an bealach is fearr le foghlaim, ná tri rudaí a dhéanamh. Mar sin, inniu foghlaiméoidh tú conas arán donn a dhéanamh, trí Ghaeilge. Nílim ag rá gur saineolaí mé ag bácaíl - ach, ag an deireadh, beidh arán donn agus neart Gaeilge foghlamtha againn.*

I'm a firm believer in Tactile Learning, so I would recommend that you find the ingredients and baking equipment in your kitchen — before we go any further and to use the attached list of vocabulary provided with this video. If you're not baking today — that's ok — pretend! If you haven't got all of items mentioned, no to worry! Write the words of the items on cards and repeat them out loud after me. Pick up the item or card in your hand as we go along and do the actions as if you're making the bread. This makes learning easier and a lot more interesting!

Now, let's get on with it!	<i>Agus anois, leanfaimid ar aghaidh!</i>
Firstly, wash your hands.	<i>Ar dtús, nigh do lámhái.</i>
Then, preheat the oven to 180 degrees centigrade.	<i>Ansin, réamhthéisigh an t-oigheann go dtí céad 's ochtú chéim ceintegrádach.</i>
A few points of grammar here.	<i>Cúpla pointe gramadaí anseo.</i>
<p>'Measc' is the verb to mix — when we refer to the mixing spoon we say '<i>spúnóg mheasctha</i>'.</p> <p>When we refer to the mixture— we say '<i>an meascán</i>'. It's a masculine noun, so there is no change here.</p>	 <p>Measc</p>
<p><u><i>Oigheann</i></u>: Oven, but because it's a masculine noun and begins with a vowel, when we put 'an' (the) in front of it, we say '<i>an t-oigheann</i>'. <i>An t-oigheann-</i> the oven.</p> <p>When the bread is in the oven we'll say '<i>san oigheann</i>' — in the oven.</p> <p>When we're taking it out of the oven we'll say '<i>as an oigheann</i>', no 't'.</p>	 <p>Oigheann</p>
<i>Arán</i> : bread. It's a masculine noun, so 'the bread' is ' <i>An t-arán</i> '.	 <p>Arán</p>
<p><i>Cabhair</i>- help. but 'the help' is '<i>an chabhair</i>' .Because '<i>cabhair</i>' is a feminine noun, it changes slightly. We put a 'h' after the first letter of the word which changes the sound...<i>an chabhair</i>. We call this</p>	 <p>Cabhair</p>

<p>'Lenition', and the Irish for lenition is 'séimhiu'.</p>	
<p>'Sóid aráin' - bread soda. Notice the spelling change: <i>aráin</i>. This is because of the genitive case - an Tuiseal Ginideach — here we use it to express possession.</p>	
<p>When we refer to <u>The oven glove</u> we say '<u>miotóg oighinn</u>' (end changes). This is because of the genitive case - an Tuiseal Ginideach. There are five different instances in which we use the genitive case in the Irish language.</p>	
<p>What have I got on the table? <i>Cad atá ar an mbord agam?</i></p> <p>'Bord' is the Irish for table. The table = An bord (it's masculine noun) – but 'on the table' — ar an mbord. This is referred to as an eclipse in English, or in Irish 'urú'.</p> <p>These are all aspects of Irish grammar that you will learn gradually.</p>	

<b>Here are the ingredients:</b>	<b>Seo iad na comhábhair:</b>
125 grams of white flour	Plúr bán
375 grams of wholemeal flour	Plúr cruithneachta
Half a teaspoon of salt	Salann
1 tablespoon of soft brown sugar	Siúcra bog donn
1 egg (beaten)	Ubh (buailte)
1 tsp bread soda	Sáid aráin
1 cup of buttermilk	Bláthach (cupán)
Quarter cup Sunflower oil	Ola Lus na Gréine
1 tsp of sesame seeds ( for the top)	Siolta Sesame

<b>Here are the baking utensils:</b>	<b>Seo iad na huirlisí bácaí:</b>
A bowl	Babhla
A mixing spoon	Spúnóg mheasctha
A sieve	Criathar
Scales	Scáláí
A Cake tin (prepared)	Stán ciste (ullmhaithe)
A knife	Scian
A fork	Forc
A teaspoon	Taespúnog
A tablespoon	Spúnóg bhoid
A cooling rack	Raca fuaraithe
An oven glove	Miotóg oighinn

## *Anois, táimid reidh le bácaíl!*

Now, we're ready to bake!

- First. we mix all the dry ingredients together. *Ar dtús, meascfaidh mé na comhábhair thirme le chéile.*
- Put them through the sieve first, like this. *A dtús, cuirfidh mé trid an gcraithar iad, agus criathraigh mé iad, mar seo.*
- *Agus an rud atá mé ag nolladh...* What I am recommending... I would recommend that you go back, again and again through the video, and with the transcript, to help you with your pronunciations.
- *Agus anois, an tsóid arán, siúcra bog donn, salann (teaspúnóg salann).* And now. the bread soda, soft brown sugar, salt ( a teaspoon of salt)
- *Meascaigh mé le chéile iad mar seo - sin iad na comhábhair thirme.* I'll mix them well together — these are the dry ingredients. Tirim is the word for 'dry' but when you put the word 'ingredients' in front of it, it's *na comhábhair*.
- *Agus ansin, doirtfidh mé isteach an bláthach, an ubh bhualte agus olllus na gréine.* Then I'll pour in the buttermilk, the beaten egg and the sunflower oil. Lús na Gréine = Sunflower.
- *Meascfaidh mé an tri rud le chéile.* I'll mix the three together.
- *Measc le chéile go maith iad, mar seo.* Mix them well together, like this
- *Agus doirt isteach chun meascán a dhéanamhi mar seo.* And pour in to make a mixture, like this.

- *Beidh sé fíor-bhlásta!* It will be very tasty! (*Blásta-* tasty)
- *Beidh sé blasta go deimhin.* It certainty will be tasty.
- *Agus beidh cupán tae agam. Tar éis seo, leis an t-arán donn agus im le chéile.* I will have a cup of tea, after this, together with the brown bread and butter.
- *Tá sé beagnach déanta anois - cuirfidh mé an taos... is taos' é anseo.* It's almost done now, and I'll put the dough... It's a dough here...
- *Cuirfidh mé a taos le chéile agus isteach sa stáin bacála, mar seo.* I have a prepared baking tin.
- *Anois, gearraidh mé cros ann, chun an t-arán a bheannú, agus leis an bhforc, priocfaidh mé, anseo 's ansúid, chun na sioga a ligint amach.* Now I'll cut a cross on the top to bless the bread.. (*Lig-* let, *Síoga-*fairy)
- *Cuirfidh mé san oigheann anois é ar feadh 40 (daichead) nóiméad agus idir an dá linn beidh cupán tae agam.* I'll put it in the oven now for 40 minutes, and in the meantime, I'll have a cup of tea!
- Thank you for watching this video. Please remember to stay safe and adhere to social distancing as per Government guidelines during this Covid 19 crisis. *Go raibh maith agat agaibh as féachaint ar an bhfíseán seo. Cuimhnigh, fan sábhailte, agus cloí le achar shoisialta le linn an ghéirchéim Covid 19.*
- *Sláinte!*

Ainmfhocal (nouns)	Briathra (verbs)	Aidiachtaí (adjectives)
Comhábhar- ingredient (Plural- na comhábhair)	Déan- make/ do Lig/ let	Te- hot Fuar- cold
Modh- method	Beannaigh- bless	Bog- soft
Oigheann- oven	Criathraigh- sieve	Donn- brown
Barr- top	Cuir- put	Blast- tasty
Ar an mbarr- on the top	Gearr- cut	Tirim- dry
Cabhair- help (verb)	Ullmhaigh- prepare	Na chomhábhair thirime- the dry ingredients
An chabhair- help (noun)	Stán ciste ullmhaithe- a prepared cake tin	Réigh- ready
Cros- cross	Réamhtheigh- preheat	Go híontach- wonderful
Taos- dough	Bácáil- bake	Measctha
Meascán- mixture	Measc- mix	
Síog- fairy	Doirt- pour	
Síoga- fairies	Prioc- prick	
Raca fuaraithe- cooling rack	Caith- throw	
Criathar- sieve (n)		
Cupán- cup		
Cupán tae- cup of tea		
Miotóg oigheann- oven glove		
Stán ciste/ Stán báca- cake tin		

