

**Ester**

Well you see we won't be able we just sourdough you won't be able to do 16:51:24  
it because it has to sit then for another 12 hours before you can bake it  
so. But you can see tonight he can catch catch it going in and out of the 16:51:32  
oven. So that's how we see that. So I make it here and then you can marry 16:51:38  
the rest of it in with it. Is that it is clear I'm not telling you your job but you 16:51:44  
know I mean we've had a lot of people come in here and do films. But but 16:51:53  
they've all come beforehand and they've all we've gone through it maybe  
a month or two months before they actually came you know. So in that 16:52:02  
sense it was easier whereas I just wish I had them anyway. This is the only 16:52:07  
way for you to do it. They were all more locals. Well we had Australia and 16:52:08  
we have had American. We've been on American television and we've 16:52:11  
been we've been lots of times. Boy I'm really bosting aren't I? So when I 16:52:15  
start making the sourdough. I'm just making we use what they call a T 65 16:52:23  
flour and I need 850 grams of that.

**Interviewer**

Is this a reeipe you've known for a long time? 16:52:35

**Ester**

Well it's the same recipe but you see it's got bigger and bigger and you're 16:52:39  
making more bigger portions so to do this we brought it down to making  
just three or four. So for this demonstration. Is that OK? 16:52:51

**Interviewer**

Yeah of course. I'm just going to ask you some questions while you... 16:52:55

**Ester**

That's fine. So while since I've been doing this. It's always was a of 16:52:58  
pressure for me in my head. I've been doing this for 42 years. Or longer I 16:53:16  
suppose yes. So baking is a lovely lovely occupation. Our way of making a 16:53:28

## Ester (continued)

living. Because it's very fulfilling because it's only as good as the passion 16:53:37  
you put into when you're making it. It's the proof of the pudding as they 16:53:43  
say is in the eating. So of course you just start off with good ingredients 16:53:54  
when you're making bread. And the best quality that you can find. In your 16:53:59  
area.

## Interviewer

Who taught you this recipe? 16:54:07

## Ester

My father used to make this recipe. I worked with him for a while in the 16:54:09  
bakery. He died in 1980. I worked with my father in the bakery and you 16:54:18  
know it was great to work with him and he was so proud of baking. He 16:54:29  
had worked with his father and my father was born in 1904. So it is a long 16:54:36  
time ago and you know it's nice to be the same family doing the same 16:54:50  
thing in the same place for a hundred and thirty years. So it's some 16:54:50  
history like and we still have stayed small because our motto has always 16:54:57  
been small is beautiful. And. When things get bigger quality moves out of 16:54:57  
it. And the idea of money making money becomes a bigger part of it 16:55:01  
because you have more people working and have more overheads and it 16:55:01  
becomes a whole different engine. So that's why we love small family 16:55:13  
businesses. And we only leave our money with family businesses because 16:55:16  
it's great to keep your money in your own local community because it 16:55:16  
helps to keep your services right and everything. So am. I better keep 16:55:30  
doing this because the scales were turn off on me I guess. Excuse me. 16:55:36  
OK. I have 25 grams of salt here. Which goes in and I have nine grams of 16:55:39  
sugar. Which I weighed off earlier. And I need 300 ml of water and I get to 16:55:50  
300 miles of water with no ice cold sugar and salt and 300 mils of water. I 16:56:07

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**Ester (continued)**

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need 600 grams of sourdough. I'm going to just mix that up slightly first. 16:56:11

And then I get 600. These scales are different from what I used to use. 16:56:17

**Interviewer**

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What are you putting in right now? 16:56:25

**Ester**

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This is sourgough. It's the starter. Do you understand? Yeah. It's wild 16:56:45

yeast. It's it's yeast it's a wild yeast. It is old, yes. They keep feeding it. 16:56:58

But it's not like what they say in California. It's not there since the gold 16:57:07

rush. But it is old. So keep it. Enjoy that. Bye bye James. We'll see you 16:57:11

later. And it's beautiful day for it. I need 300 ml of water. Now I have 16:57:27

everything in there. And I'll just mix it. 16:58:18

**Interviewer**

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So this store is like 130 years old, isn't it? 16:58:57

**Ester**

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No. Well it's their a long time. It's just you know it's a very long time. And 16:58:59

when you when you're working in a place like this there is spores and 16:59:15

things going around in the air anyway in the atmosphere. So like it is very 16:59:15

old as you can see it is a very old premises and it hasn't changed very  
much in a hundred years.

**Interviewer**

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What are some things that have stayed the same? What are the things 16:59:38

that have stayed the same?

**Ester**

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Well I suppose making bread. We still make it in the same way as using 16:59:43

fresh good ingredients. And the other thing is the our principles and 16:59:53

values of leaving our money in our local town and trying to keep

## Ester (continued)

everything and. You know to keep it that way stayed small because it 17:00:09  
would've been much easier to have got bigger especially in the 80's.  
And everybody were getting bigger and a lot of bakers that have did that 17:00:17  
have come and gone and were still there. And I think that's what makes us 17:00:24  
unique. Today it's part of what we are that we have we have stayed small 17:00:25  
and that we're still survived. And of course the reason that we've survived 17:00:35  
is because our principles have come back to us. What we give out in life 17:00:38  
comes back to us I think you know we we support people and the people  
have supported us. Of course you have to give a good quality product. 17:00:45  
You have to keep the thing right. But those top values we learned from 17:00:48  
our father, I think, carries on. And it's something I'm very proud of really 17:00:57  
because my father was a very good man. He reared lots of children. He 17:01:03  
made his bread here and got into the van after his night's work I went out  
and delivered to the countryside. And lots of people in those days didn't 17:01:14  
have money. If there were big families because they were all big Catholic 17:01:18  
families and they hadn't money and my father would never look for  
payment. So I've always felt that his goodness that's come back to us. 17:01:26  
We've been very lucky, joe and I. And I often think what's gone what's 17:01:31  
before us has been rewarded in a different way. You know? That's we, we 17:01:38  
reap the seeds that we sow. Have you heard that one? Is it. Well I went to 17:01:45  
school I went to college and to college in Dublin and I did domestic  
science and I was really trained to do demonstrations, like what I'm doing  
now. I would show people how to make bread and that, but I baked here 17:02:06  
with my father. I came home working in 1975 and he died in 1980. So 17:02:11  
when I was five years working with my father as an adult yes I'm only 21.  
Admits 21. 17:02:23

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**Interviewer**

Did they teach you how to bake bread when you were younger as well? 17:02:29

**Ester**

When we were we all worked in the bakery yes and we all had a passion 17:02:36

for baking. I'm the youngest of five girls. I was one the all the others got 17:02:40

off and got married and, I was the only one that, I suppose was interested 17:02:56

in taking over the bakery. So I didn't marry my husband until 1993. So. 17:03:02

We're. I suppose he came and worked in the bakery with me and I really 17:03:02

believe that the bakery wouldn't be, here now only for Joe because he 17:03:02

brought in marketing skills and things to help it in a different way.

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**Interviewer**

Question in audible. 17:03:24

**Ester**

Yes well you know the dough has to be right but this is just the first 17:03:25

needing and, you have to leave and sit then for 12 hours to rise. It just 17:03:36

comes on its own. So that basically is the sourdough and you'll see it 17:03:42

going into the oven later on in the evening. And. That'll have to sit. It has 17:03:50

to come up double in size over the baskets and. For that one that's just 17:03:56

the simplest straightforward. And then we leave it sit here in front of the 17:04:04

oven and I cover it with a sacking. Like that OK. And that takes 12 hours. 17:04:11

At this point. 17:04:26

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**Interviewer**

You'll come back at what time is it, 3? Yeah. Yeah. So they tend to that in 17:04:27

the morning.

**Ester**

They will, yes they will. And if you're here you'll see it, now. Would you like 17:04:39

me to make some Irish soda bread?

## Interviewer

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Yes.

17:04:47

## Ester

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You know we have we make Irish soda bread with Irish wheat flour and it's 17:04:49  
totally Irish wheat flour that we make the soda bread with. And for that 17:04:58  
that was a French flour that we used for that. And it's a different strength 17:05:03  
of protein in the flour where for yeast spreads. But first Irish Soda bread 17:05:11  
we can use 100 percent Irish wheat because it's very low in protein and  
that's how we have a traditional Irish soda bread which is made with  
buttermilk which we get from the farmer Milo and soda. So we have a you 17:05:29  
know crema tartar and by cartoonish of soda and they're mixed and that's  
the raising agent or as this the wild yeast as the raising agent and the  
sourdough. And so I'll start to make I bring them over now actually. That's 17:05:43  
just it. Now I'll bring over the ingredients for... Let me take this out of the 17:06:00  
way. Because that's the sour dough. 17:06:03