

SCONES



INGREDIENTS

8oz of self-raising flour

2oz of butter

1/4 pt of milk

A small pinch of salt

1 **tbsp** milk to glaze

METHOD

1. **Mix** the flour and salt in a large bowl.
2. **Rub in** the butter using your fingertips, till crumbs form.
3. **Mix** the milk into the mixture to form a soft dough.
4. **Knead** the dough lightly on a floured board.
5. **Pat** the dough out lightly to 3/4 in thickness.



6. Cut the dough into 2" rounds with a cutter.

7. Place on a greased and floured tray.
8. Lightly **brush** the top of the scones with milk.
9. Heat the oven to 425°F.
10. Bake for 10 mins, until the scones are well-risen and light brown.
11. Cool on a rack (see picture).

Variations:-

Sweet scones: add 2 oz castor sugar into the crumb mixture (before adding the milk).

Fruit scones: add 2 oz dried fruit into the crumb mixture (before adding the milk).

Cheese scones: add 3 oz of finely grated cheddar cheese and 1 tsp of dry mustard into the crumb mixture (before adding the milk).

Note: To make a 'cream tea'. Serve the scones with fresh strawberries (or strawberry jam) and fresh thick cream along with a fresh pot of tea.

You can use slightly soured milk to make scones, my granny swore they tasted better that way.

DEFINITIONS

To brush: To cover food with an even layer of liquid by applying it with a pastry brush, eg brush the pastry with beaten egg or milk to glaze.

To knead: To work a dough by hand, using a folding-back and pressing-forward motion. (Not to be confused with need - **knead vs need**.)

To mix: To beat or stir food ingredients together until they are combined.

To pat: To lightly tap or slap something with the hands.

To rub in: A method of incorporating fat into flour by rubbing the fat with the fingertips until it combines with the flour to form a mixture with a breadcrumb-like consistency, eg rub the butter into the flour and add enough cold water to form a smooth dough. Pastry, scones, cakes and biscuits are made using the rub in method.

tbsp: Tablespoon (approx 15 ml)