

Scones



Recipe By FoodieBook

Ref: 476

Heading: Bread & Baking

Cuisine: British & Irish

Food Type: Vegetarian

No of Portions: 8

Ingredients & Prep

200 g Plain flour

120 ml milk room temp

50 g butter unsalted cold to grate

1 tbsp caster sugar

1 tsp baking powder

1/2 tsp bicarbonate of soda

1 egg beaten

1 pinch salt

Method

Step 1 - Pre-heat oven to 180°C & have either floured baking tray/s or silicon mat/s on tray/s at the ready.

Step 2 - Place flour, caster sugar, baking powder, salt & bi-carb into a bowl & mix well.

Step 3 - Grate in a 1/4 of the butter then mix in the next 1/4 mix in & so on, when all the butter is in & mixed in add the milk to make the dough, do not over work just bring all together in a smooth ball.

Step 4 - Dust a work top with extra flour, tip out dough & flatten into a disc shape with your hand to 3 cm thick, then cut with a 5 cm pastry cutter or a glass as many as you can from the disc, gather the remaining dough & bring together into a smaller disc 3 cm thick cut some more again until there is no enough left.

Step 5 - Place on baking tray/s 4 cm apart brush tops with the beaten egg & bake for 15 to 20 mins or until they have risen & golden brown on top.

Suggestion & Tips

Serve warm with cream & strawberry jam. Bake the scones as soon as you have made the dough.