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English Scones



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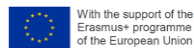
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Scones are served in various regions in the UK and a variety of recipes exist, sometimes with added dried fruit such as sultanas or cherries. Often they are plain, as in this recipe, relying on jam and cream for added flavour. Scones are traditionally served as part of a light meal known as 'afternoon tea'. A 'cream tea' consists of scones with jam and cream served with English tea.

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Plain scones served with jam and cream

Ingredients:

- 40g butter
- 225g self-raising flour
- 1 ½ tbsp caster sugar
- Pinch of salt
- 110ml milk

Method:

1. Pre-heat the oven to 220c degrees.
2. Line a baking sheet with parchment paper.
3. Weigh 225 g of flour and sift into the mixing bowl.
4. Weigh 40g of butter and cut into cubes.
5. Add the butter to the bowl and mix with the flour.
6. Stir in the sugar and pinch of salt.
7. Using the measuring jug, measure 100ml of milk.
8. Using a fork, slowly add the milk.
9. Stir the mixture until it forms a dough.
10. Next, dust the kitchen counter with some flour.
11. Using your hands, put the mixture onto the surface and knead to a soft dough.
12. Using the rolling pin, roll the dough out into a large round about 3cm thick.
13. Take the pastry cutter and cut out as many small rounds as you can.
14. Arrange the scones on the baking sheet.
15. Place the baking tray in the oven and bake for 12 to 15 minutes until scones are golden brown.
16. Cool on a wire rack, then split and serve with jam and cream.

