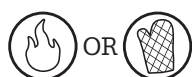


Basic Scones

Everyone should know how to make basic scone dough, which you can customise to make sweet or savoury scones. Throw in some savoury ingredients such as grated Cheddar cheese and herbs, olives or sun-dried tomatoes. If you have a sweet tooth, add in sugar and some dried fruit. These scones can also be cooked on the hob using a griddle pan or frying pan



Milk and wheat (gluten)*

Nutritional information per portion (37g):

Energy 416kJ 99kcal 5%	Fat 3.5g 5%	Saturates 1g 5%	Sugars 0.8g 1%	Salt 0.26g 4%
---------------------------------	-------------------	-----------------------	----------------------	---------------------

of an adult's reference intake.
Typical values per 100g: energy 1124kJ/268kcal.

Equipment

Weighing scales
Baking sheet (optional)
Sieve
Mixing bowl
Measuring jug
Knife
Rolling pin
4cm round cutter
Pastry brush
Oven gloves
Cooling rack
Griddle or frying pan (optional)
Palette knife or fish slice (optional)

Ingredients

Makes 10 scones
200g self-raising flour
50g butter OR unsaturated fat spread
125ml semi-skimmed milk
Vegetable oil (for greasing the baking tray)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Handle the dough as little as possible.
- Don't twist the cutter as this will make the scones rise unevenly.
- If using the griddle pan or frying pan make sure the pan is not too hot or the scones will burn before they cook.

Basic Scones

Method

1. If using the oven, preheat to 220°C/200°C fan or gas mark 7.
2. If using the oven, brush the baking sheet with a little oil.
3. Sift the flour into the mixing bowl.
4. Using clean fingertips, rub the butter or spread into the flour until it resembles breadcrumbs.
5. Gradually stir in the milk to form a soft dough.
6. Sprinkle the rolling pin and a clean, dry surface with flour and roll out the dough until it is around 2cm thick (if using the oven) or 1½cm thick (if using the hob).
7. Cut the dough into rounds and place on the baking sheet.
8. Collect any dough 'trimmings' together and roll out again. Cut out the remaining rounds. You should make around 10 scones.
9. If using the oven, brush the scones with a little milk and bake for 10–12 minutes, until the scones have risen and turned golden.
10. If using the hob to cook the scones, do not brush them with milk. Heat the griddle pan or frying pan over a medium heat. Place the scones in the pan and cook for 4 minutes. Use a palette knife or fish slice to turn them over and cook for another 4 minutes.

Something to try next time

- Add 25g of peeled finely chopped apple with ½ x 5ml spoon of cinnamon at the end of step 4.
- Use wholemeal flour and at step 4 add 25g finely chopped dates.

Skills used include:

Weighing, sifting, rubbing-in, mixing/combining, rolling and baking.