

Scones

Sensible snack - low fat, low sugar, high fibre (if using wholemeal flour).

Ingredients

300g Self Raising flour or Wholemeal Self Raising flour
2tsp Baking Powder
100g Butter or Margarine
100mls Milk
Flour for rolling out
2 Eggs

Flavouring:

1. For Plain (sweet) Scones - 50g sugar
2. For Fruit Scones - 50g dried fruit and 50g sugar
3. For Cheese Scones - 1/2tsp dry mustard and 75g grated low fat cheese

Method

Remember to wash hands, tie back long hair, put on apron and roll up long sleeves.
Then, read your recipe, get out the equipment you need and organise your work area.

1. Preheat oven GM8/220°C
2. Grease a baking tray
3. Weigh flour, add baking powder, and sieve into a mixing bowl
4. Weigh margarine and add to the flour
5. Chop margarine/butter into flour using a palette knife
6. Rub fat into flour with fingertips until the mixture looks like breadcrumbs
7. Stir in flavouring ingredients (sugar, cheese, sultanas etc) with tablespoon or knife
8. Add your eggs and milk in jug and whisk the mixture together
9. Gradually add your mixture to the dry ingredients. (Remember to save a small amount for glazing your scones)
10. Stir mixture with a knife until it sticks together leaving the sides of the bowl clean
11. On a floured work surface, use hands to press out dough to 4cm thick
12. Cut out circles with the medium pastry cutter (fluted for sweet, plain for cheese)
13. Put scones on greased baking tray and glaze with any remaining beaten egg/milk mixer.
14. Bake scones on middle or top shelf for 10-12mins till pale golden brown and firm to touch.
(Please remember to save two of your scones at school. These will be frozen and used at a later date for your afternoon tea project.)

REMEMBER! - You have not finished your practical until:

- ✓ Your washing up is clean, dry and put away in the correct place.
- ✓ You have checked your cupboard and drawer and they look exactly like the photo.
- ✓ Your teacher has checked your area.

REMEMBER!

Bring a suitable, sealable container to take it home in. E.g. a plastic food storage box with a clip lid.