



RECIPE

Scones



NOURISH
FOOD SCHOOL

RECIPE

Scones

SERVES
6 servings

LEVEL
Easy

TIME
30 minutes

INGREDIENTS

Basic Scone Mix

50g unsalted butter, plus extra for greasing
225g self-raising flour, plus extra for dusting
Pinch of sea salt
125ml buttermilk or milk
2 tablespoons milk, plus extra for glazing

Extras

Savoury:

120g cheddar cheese

Sweet:

25g golden caster sugar
50g dried fruit (raisins, cranberries)
30g berries
25g coconut or flaked almonds

HOW TO MAKE IT

1. Prepare the cheese and butter and weigh out all of the other ingredients being used, to the stage described in the ingredients list. Remove the butter from the fridge and allow it to come up to room temperature.
2. Preheat the oven to 220°C/435°F/Gas 7. Grease and line a large baking tray.
3. Sieve the flour and a pinch of salt into a large bowl.
4. Rub the butter into the flour until it resembles fine breadcrumbs.
5. Add the chosen extra ingredients and mix well.
6. In a measuring jug, mix together the buttermilk and milk. Gradually add about three-quarters to the flour, mixing continuously until it forms a soft, sticky dough. Add a little more, if needed.
7. Knead the dough on a clean flour-dusted surface for 1 minute, bringing the dough together into a soft, springy ball.
8. Roll the dough so it's roughly 3.5cm thick and use a cutter (roughly 4cm), or the rim of a glass, to cut out 6 circles from the dough.
9. Place the scones on the lined baking tray and brush with a little milk. Cook in the oven for 10 to 12 minutes, or until golden.
10. Once golden, remove the scones from the oven and leave to cool on a wire rack.

Enjoy your scones with a cup of tea and serve with butter or cream and jam!