

# Scones



## Ingredients

250g (8oz) self raising flour  
40g (1 ½ oz) butter or margarine  
125ml (¼ pint) semi-skimmed milk

## Equipment

Baking tray, sieve, mixing bowl, measuring jug, palette knife, weighing scales, flour dredger, rolling pin, round scone cutters, pastry brush, oven gloves and wire rack.

## Method

1. Preheat the oven to 210°C or Gas Mark 7
2. Sift the flour into a bowl.
3. Rub the margarine into the flour until it resembles fine breadcrumbs.
4. Pour in the milk and mix into a soft dough. Save a little of the milk.
5. Place the dough on a floured working surface and knead lightly.
6. Roll out the dough until 1.5cm thick using a rolling pin.
7. Shape into scones using a cutter.
8. Place scones onto a greased baking tray, brush the top of each scone with a little milk and bake for 12-15 minutes, until golden brown.
9. After baking, place the scones on a wire rack.

## Options

To make fruit scones, add 25g (1oz) sugar and 75g (3oz) currants or sultanas before the milk. To make cheese scones, add 75g (3oz) grated cheese and 1x 5 ml spoon (1 teaspoon) of mustard or mixed herbs before the milk.

# Nutrition Information

Scones (using sultanas and sugar, makes 12)	per 100g	per recipe	per portion (pre scone)
Energy (kJ)	1204	6201	517
Energy (kcal)	288	1482	124
Protein (g)	5.6	28.6	2.4
Fat (g)	7.4	38.1	3.2
of which saturates (g)	0.7	3.8	0.3
Carbohydrate (g)	53.1	273.6	22.8
of which sugars (g)	1.8	9.2	0.8
Fibre (g)	1.8	9.2	0.8
Sodium (mg)	250	1289	107
Salt (g)	0.6	3.2	0.3

## Notes

# Key Messages

## Healthy eating

- Experiment with different types of dried fruit, such as dried apricots, apple or papaya pieces.
- Serve plain or fruit scones with reduced sugar jam and half fat spray cream, which is lower in fat than traditional whipping cream.
- Use wholemeal flour to increase the fibre provided by this recipe.

## Money

- Dried fruit can be relatively expensive. To save money use economy packets of dried fruit.

## Food safety

- Make sure the surface is clean before rolling out the dough.
- Take care when removing hot items from the oven and always use oven gloves.
- Wash your hands thoroughly before rubbing the butter or margarine into the flour.