

# Scrummy scones

## Ingredients

250g self-raising flour  
40g spread  
125ml semi-skimmed milk



## Equipment

Weighing scales, baking tray lined with grease proof paper, sieve, mixing bowl, measuring jug, palette knife, flour dredger, rolling pin (optional), small scone cutters, pastry brush, oven gloves, cooling rack.

## Method

1. Preheat the oven to 220°C or gas mark 7.
2. Weigh and measure the ingredients.
3. Sift the flour into the mixing bowl.
4. Using your fingertips, rub the spread into the flour until it resembles fine breadcrumbs.
5. Pour in the milk a bit at a time and mix it with the palette knife to make a soft dough. Save a little of the milk.
6. Place the dough on a lightly floured work surface and knead lightly.
7. Roll out the dough or press it into shape by hand, until it is 1.5cm thick.
8. Cut-out the scones using a cutter. No cutter? Divide the dough and press and shape by hand!
9. Place the scones onto the baking tray, brush with a little milk and bake for 12-15 minutes, until golden brown.
10. After baking, place the scones on a cooling rack.

## Top tips

- Try some of these ingredients to flavour the scones. Choose one ingredient from each column per batch of scones. These quantities are designed to flavour the full batch of dough so to flavour a portion of the dough, reduce the amounts.

Use 75g of one of these ingredients	Use ½ x 5ml spoon of these
Reduced fat cheese, grated	Mustard
Sweetcorn	Dried mixed herbs
Courgette, grated	Cumin
Pepper, finely chopped	Chives
Spring onions, finely chopped	Curry powder

- When rubbing the spread into the flour, lift your hands to help get air into the mixture and shake the bowl to encourage large lumps to the surface.
- If you do not have scone cutters, allow the children to create their own shapes.

### **Food skills**

- Weigh.
- Measure.
- Sift.
- Rub in.
- Knead.
- Roll out.
- Cut out.
- Glaze.
- Bake.

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