

Scones

Ingredients:

2 ¼ cup Orgran self-raising flour (290g)
¾ cup milk or soy milk (190ml)
1 egg
20g chopped butter
1 tbs. sugar (12g)
pinch of salt
extra milk for glazing



Preheat oven to 220 ° C (430 ° F)
Lightly grease baking tray

Method:

1. Sift flour, salt and sugar into a large bowl
2. Rub in the butter, using fingertips until the mixture is fine and crumbly
3. Lightly beat egg and milk in a separate bowl.
4. Make a well in the centre of the mixture and pour all the egg mixture into the well.
5. Mix lightly with spoon or spatula to form soft dough. Slowly add small quantity of flour to prevent sticking, if needed.
6. Gather the dough together, (do not knead the dough) and merely turn it out onto a lightly floured surface. Lightly press out the dough until it is 2.5 cm thick.
7. Cut out rounds with a floured 5 cm cutter
8. Heat a baking tray in the oven for 5 minutes
9. Place with the extra milk. Bake on the middle shelf of the oven for 10-15 minutes or until golden brown on the top.
10. If you are serving the scone warm, straight from the oven, wrap them in a clean tea towel while still hot.

Serving: serve warm or cold with butter, cream, jam or strawberries.

Variations:

For sultana scone, add 1 cup sultana in step 1 when you sift the flour into the bowl.

For date scone, add 1 cup finely chopped pitted dates to the flour in the step 1.

For cheese scone, add 1 cup grated cheddar cheese to the flour in step 1.

Makes: 12