



# Week Sixteen

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## SCONES, SCONES AND MORE SCONES !!!!

Back by popular demand, for those who have missed seeing our scone recipe listed in week 6, is a whole page devoted to this delicious and very moreish morsel. It is amazing that such a simple food to make gives so much pleasure to everyone. Give them a go, but remember to treat your mixture with a 'light hand', don't go kneading them as you would bread.

### Basic recipe

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*4 cups Self Raising Flour*

*good pinch of salt (for flavour)*

*300ml milk*

*300ml cream*

Mix all together, cut out and place on a tray, bake in a hot oven approx. 12 minutes. When cooked and well risen, the bottom of the scone should sound hollow when tapped.

#### Hints

1. 1 tbsp of cornflour added for each cup of Self Raising Flour helps to give a light texture to the scone.
2. Always sift the flour for aeration
3. Use a stainless steel knife to mix as it helps with aeration
4. Dip the cutter in flour when cutting out the scones—never twist the cutter or you will end up with “leaning towers of pisa”
5. You may need to vary the amount of liquid as flours can vary. You need a soft dough not a stiff dough
6. Bake in a hot oven
7. When they come out of the oven, brush off any flour on the outside of the scone and wrap in a clean tea towel which helps to keep them soft.
8. Never cut the scone in half—pull apart with your fingers.
9. Serve with jam and whipped cream or my favourite—a good blob of butter melting on the hot scone with golden syrup also melting into the hot scone.



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## Now you have mastered the basic scone try a few variations

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1. Fruit scones - add chopped dates and ginger or sultanas and currants with a sprinkle of mixed spice to the basic mixture.
2. Savoury scones - add chopped chives, parsley, some chopped ham, grated cheese and a little chopped red pepper to the basic mixture
3. Herb scones - add finely chopped cook onion, a sprinkle of dried mixed herbs and finely chopped parsley to the basic mixture
4. Roll out the scone mixture and put on a pizza tray and use as a pizza base, top with your favourite toppings.
5. Make into savoury dumplings by adding finely chopped parsley and chives to the basic mixture. Roll into small balls and drop onto the top of a casserole for the last 15 minutes of cooking the casserole.
6. For a comforting pudding to blow away the winter blues try a fruit Roly Poly - roll out the basic scone dough quite thinly, spread over any flavour jam, peel and grate 2 apples over the mixture, roll up like a swiss roll. Place the roll into a baking dish. Pour over a syrup made of  $\frac{1}{2}$  cup sugar, 1 tbsp butter and 1 cup boiling water and bake in a moderate oven for 30 minutes. Serve with custard and whipped cream.
7. Scone swirls—roll out a basic scone mixture, sprinkle with brown sugar, cinnamon and sultanas, roll up like a swiss roll, cut out rounds, place face side up in a large, round greased cake tin. Bake in a hot oven 15 minutes. When cool, spread with a little icing.