

# Scones

**Makes:** around 12      **Preparation time:** 10 minutes      **Cooking time:** 12 minutes  
**Recipe source:** Joy Davis

## Ingredients:

2 cups self-raising flour  
a pinch of salt  
1 egg (optional, refer to step 5)  
1/2 cup cream  
1/2 cup of milk

## Equipment Required:

Cup (or mug), knife (to level ingredients when measuring), sifter, bowl, scone cutter (or glass), rolling pin, scraper, pastry brush, small cup, baking tray.



## Important note:

The measurements are proportional, so the size of the cup or mug used does not matter as long as the same one is used for the flour and wet ingredients.

## What to do:

1. Preheat oven to 200 °C.
2. Sprinkle flour over baking tray.
3. Sift flour into bowl.
4. Add salt to flour.
5. Prepare wet ingredients in the same cup used to measure the flour.
  - a. When using an egg:
    - i. Half fill the cup with cream
    - ii. Crack the egg into the cup
    - iii. Fill the remainder of the cup with milk
  - b. When not using an egg:
    - i. Half fill the cup with cream
    - ii. Fill the remainder of the cup with milk.
6. Add wet ingredients to bowl.
7. Mix with a knife until combined. Do not overmix.
8. Turn mixture out onto floured bench.
9. Gently pat around ball of dough to neaten edges, then turn over.
10. Gently roll dough (or flatten with your hand) to about 1.5 cm thick.
11. Dip your scone cutter into some flour then cut scones from the dough.
12. Place scone rounds on a baking tray.

13. Cook for 10-12 minutes.
14. Remove from tray immediately and put into a bowl lined with a tea towel to keep them warm.
15. Serve with jam and cream ... or as you like it.



### **Tips:**

- If you are not yet confident cracking eggs, crack it into a separate cup and then add to the cream.
- Do not overmix the dough or you will end up with tough rock-like scones. Do not knead the dough.
- Be gentle with the dough when rolling/flattening before cutting.
- When cutting the dough, do not twist the cutter to avoid scones that lean over to one side.
- Arrange on tray close together but not necessarily touching. This way the scones will hold each other up but shouldn't join together.
- Scones are cooked when you tap on them and they sound hollow and are golden in colour.
- Scones are best eaten the day they are made.

### **Variations :**

1. Cheese Scones, add  $\frac{1}{4}$  -  $\frac{1}{2}$  cup grated cheese to dry ingredients at step 4.
2. Date Scones, add  $\frac{1}{4}$  cup chopped dates and 1 tablespoon of sugar to dry ingredients at step 4.