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Traditional English Scones

Ingredients - Makes 8 scones

2 1/3 cups (344 grams) plain/cake flour

1 tablespoon (15 grams) baking powder

1/2 teaspoon (1.5 grams) salt

1/4 cup (57 grams) unsalted butter, cubed

1/2 cup (100 grams) caster sugar

(1/2 cup (64 grams) raisins or sultanas, soaked in hot water for 10 minutes and drained) - OPTIONAL

1/3 cup plus 1 tablespoon (95 grams) whole milk

3 eggs (150 grams), divided

Clotted cream and jam, to serve

Instructions

1. In a medium bowl, whisk together flour, baking powder, and salt. Using a pastry blender or your fingertips, rub in butter until mixture is crumbly. Stir in sugar.
2. In a small bowl, combine drained raisins, milk, and 2 eggs. Make a well in centre of dry ingredients. Add raisin mixture, and using a knife, stir together just until a soft, wet dough forms.
3. Turn out dough onto a heavily floured surface, and sprinkle with flour. Gently knead dough by folding in half and then turning through 45 degrees. Repeat until dough is smooth and springs back slightly when pressed. **(Be careful not to overwork the dough. This is a light, very brief action. You are not kneading bread; it is more of a folding motion to create a smooth dough and incorporate a little air.)**
4. Line a baking sheet with parchment paper. Lightly sprinkle dough with flour, and roll to about 1-inch thickness. Using a 3-inch round cutter, cut dough, rerolling scraps as necessary. (When cutting scones, push the cutter into the dough using a straight up-and-down motion.) Place on prepared pan. Let rest for 1 hour. (Resting gives the scones a more refined, less rustic look. The baking powder gets to work, and the dough will puff out slightly, giving a slightly wider base, which, when baked, looks more like something you'd get at a hotel afternoon tea.)
5. Preheat oven to 390°F (200°C).
6. In a small bowl, whisk remaining 1 egg; brush over top of scones (avoid getting any egg on the sides, as this will prevent the scones from rising properly).
7. Bake until golden brown on top, about 12 minutes. Let cool slightly before serving with clotted cream and jam.



1 rounded cup self raising flour (extra for dusting)
1/3 cup thickened cream 1/3 cup lemonade
1 tbsp caster sugar (not used in class/optional)

to serve: jam, thickened clotted cream, whipped cream/ canned dream whip (from supermarket fridge section)

Preheat oven to 200°C/390°F (180°C fan). Line tray with baking/parchment paper.

Combine the flour, cream and lemonade in a bowl and mix until flour is mostly combined. **Do not over mix**, it will make the scones dense! The dough should be soft and fairly sticky. Reminder only 10-13 wooden spoon mixing strokes as per class

Turn out onto a floured surface, bring dough together, then gently pat into a disc shape 2.5cm/1" thick.

Use a 6cm/2.5" round cutter to cut rounds - press straight up and down (don't twist), flour cutter in between. (Note 4)

Use a knife or similar to scoop up (avoid touching sides) and place on tray, slightly touching each other (they help each other rise).

Brush the tops lightly with egg or milk. (Note 5)

Bake for 15 minutes until golden on top. Place on rack to cool. Place tea towel over them to stop the tops from getting crusty.

Serve with copious amounts of cream and jam, and of course tea!

Recipe Notes:

1. Self raising flour (called self rising flour in the US and Canada) is simply flour that's already got baking powder in it. To make your own self raising flour, just add 7 tsp baking to 3 1/2 cups plain/all purpose flour (no need to minus 7 tsp flour, dough is quite sticky).

2. Lemonade - I use Schweppes and Kirks. "No brand" lemonade works fine too, as does 7Up and Solo so I presume any brand of any of these should work fine. Just need something fizzy and sweet!

3. Cutting tips - If you don't have a round cutter, which I didn't for ages, use an empty tin (cleaned!) or you can just cut them into squares with a knife. Just be sure to flour the knife between cuts so the dough doesn't stick to it.

TIPS: Push cutter straight up and down, do not twist. Flour the cutter in between so the dough doesn't stick. I usually get 6 out of the first batch, then I combine and pat out the offcuts to make another 3 - 4.

4. Milk brushing - This makes the tops nice and golden, and helps smooth the top too.

5. Storage - keeps for 3 days in an airtight container but needs to be reheated to serve. Also freeze well, for up to 3 months.