

CRUNCH TIME

Scones



INGREDIENTS:

225g Self-raising flour
1.5 Tablespoons caster sugar
40g Butter – at room temperature,
cut into cubes
110mls Milk
Pinch of salt
Extra flour

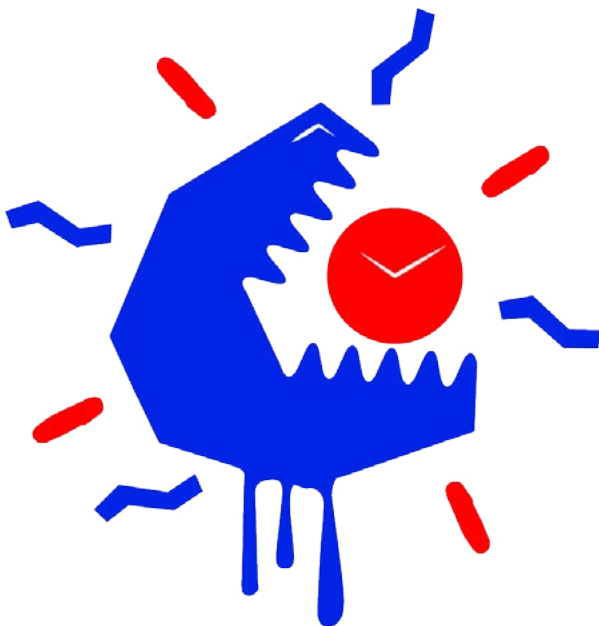
EQUIPMENT:

Large mixing bowl
Dinner Knife
Sieve
Rolling Pin
Circular pastry cutter
approx. 5cm in diameter
Baking Tray
Oven mitts
Wire rack
Pastry brush



METHOD:

1. Pre-heat the oven to 180°C.
2. Sift the flour into the large mixing bowl.
3. Cut the butter up into a few cubes and then rub the butter into the sieved flour. Pick up the butter and flour as you rub it together - you want to lightly use your fingertips for this so that it keeps the mixture light and full of air.
4. Add the sugar and the pinch of salt.
5. Add the milk to the mixture and using the dinner knife, stir the mixture until all of the milk has been combined with the flour mixture. If you think the mixture is a little dry, then add approximately another tablespoon of milk.
6. When the mixture has formed a rough dough, stop using the knife and use your hand to make sure all of the ingredients are combined.
7. Turn the mixture out onto a lightly floured surface and knead the mixture until you have a soft dough.
8. Use a rolling pin (also floured) to lightly roll out the dough to a 3cm thickness. It's important that you don't roll the dough too thinly.
9. Take a pastry cutter, dip it in some flour and then press it sharply so that it goes straight through the dough - do not twist the cutter or the scones will turn out a weird shape!
10. When you have cut as many scones as you can, carefully place the scones onto a baking tray and then knead the remaining dough together again and repeat the process.
11. Brush milk on top of each scone and bake them for 12-15 minutes.
12. The scones are ready when they have risen and have turned a golden brown.
13. Transfer them to a wire rack to cool slightly and serve them with jam and whipped cream.



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