



# SWEET SCONES



**Equipment** – Mixing bowl, measuring jug, palette knife, fluted cutter, pastry brush, baking tray

## ***Working in pairs***

### **Ingredients –**

150g self raising flour  
Pinch salt  
50g butter  
1tbsp. sugar  
1tbsp. dried fruit (optional)  
75ml. milk  
Egg wash for glazing

### **Nutrition**

Flour-high in carbohydrates  
Butter- high in saturated fat

### **Modifications for a healthier diet**

Use wholemeal flour, use low fat spread. If sweet reduce the sugar and if savoury take out the salt.

### **Ingredients**

Flour- main ingredient, butter- flavour and crumbly

## **Method –**

- 1 Preheat** oven 190°C.
- 2 Measure** the milk into a measuring jug.
- 3 Put** flour, salt and butter (in cubes) into the mixing bowl.
- 4 Rub in** until the mix looks like breadcrumbs.
- 5 Add** the sugar and dried fruit (if you have chosen this).
- 6 Make a well** in the flour mix and add half the milk, combine with a palette knife.
- 7 Add** enough milk to form a dough (this should not be sticky or dry)
- 8 Bring** to a ball and knead lightly.
- 9 Sprinkle** the table very lightly with flour.
- 10 Press** the dough to the thickness of your hand and cut from the edge.
- 11 Put** scones evenly onto the baking tray and brush with egg wash.
- 12 Bake** for 12 – 15 minutes or until risen and golden brown.