

Courtesy of The Red Cross – Please Donate



Scones

spray oil
3 cups self-raising flour
1 tablespoon sugar
¼ teaspoon salt
75g butter, cubed
1 ¼ cups milk
extra milk for brushing

1. Preheat the oven to 210°C. Spray an oven tray with oil.
2. Place the flour, sugar and salt in the bowl of a food processor. Add the butter and process until the mixture resembles breadcrumbs. Transfer to a large bowl.
3. Make a well in the centre of the flour mixture. Pour in the milk and use a knife to quickly mix to a soft dough. Tip out onto a floured bench. Gently shape into a ball, then pat out to 2cm in thickness. Cut into rounds – use a 4.5cm cutter dipped into flour and twist as you cut through the dough (this produces a better rise).
4. Place the rounds on the prepared oven tray. Brush the tops with milk. Bake for 10-15 minutes until risen and golden.

Makes about 15.

★ tip

For date scones, soak 1 ½ cups roughly chopped dates in boiling water for 1 minute and drain. Add to the flour mixture along with the milk.



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Email: jas.sergeant@raywhite.com Phone: 021 184 2626