

THE BASIC SCONE

PREP: 15 minutes

BAKE: 20-25minutes

MAKES: 12-16

INGREDIENTS:

- 3 cups Snowflake Cake Wheat Flour + extra for dusting
- 2 tspns Snowflake Baking Powder
- Pinch of salt
- 80g butter, cut into cubes
- 1¼ cups milk
- Jam, to serve
- Whipped cream, to serve

What you need:

- Baking tray
- Baking paper
- Mixing bowl
- Flat bladed knife (*dinner knife*)
- Measuring cups
- Measuring spoons
- 5cm cookie cutter (*or a glass or cup*)

CONVERSION CHART

¼ tsp = 1.25ml	¼ cup = 60ml
½ tsp = 2.5ml	½ cup = 85ml
1 tsp = 5ml	½ cup = 125ml
1 Tbsp = 15ml	1 cup = 250ml

METHOD

1. Preheat the oven to 200°C and line a baking tray with baking paper.
2. Sieve flour, baking powder and salt into a large mixing bowl.
3. Add the butter, and using your fingertips, rub the butter into the flour until the mixture resembles breadcrumbs.
4. Make a well in the centre of the flour mixture and add the milk.
5. Mix with a flat-bladed knife until the mixture forms a soft dough, adding a little more milk if it is too dry.
6. Turn the dough out onto a lightly floured surface.
7. Knead gently until smooth (don't knead dough too much or scones will be tough).
8. Lightly dust your baking tray with flour.
9. Pat the dough into a 2cm-thick layer, then using a 5cm round cookie cutter, cut out 12 rounds.
10. Press the remaining dough together and cut out more rounds until all of your dough is finished. Place scones onto the baking tray, 1cm apart.
11. Sprinkle the tops with a little bit of flour.
12. Bake for 20 to 25 minutes or until golden and well risen.
13. Remove from the oven and allow to cool slightly.
14. Serve warm with jam and cream.



NOTES AND TIPS

There are various mixing methods in baking – here are some short explanations for the five most common methods:

1. Folding - one ingredient is gently incorporated into another by hand with a large spoon or spatula. It creates little aeration.
2. Creaming - fat and sugar are beaten together until they take on a light, airy texture.
3. Cutting In - to distribute solid fat into dry ingredients by using in a pastry blender, using your fingertips or with a food processor fitted with a steel blade, until the mixture resembles fine breadcrumbs.
4. Beating - involves vigorous action and is used for mixing ingredients well, removing lumps and including air.
5. Whisking - the main purpose of this technique is to include air in mixtures by using wire whisks and beaters.