

15th April 2020



CHEESE SCONES

PREPARATION TIME:

less than 30 mins

COOKING TIME:

10 to 30 mins

SERVES:

Makes 10

DIETARY: V

Each serving provides 143 kcal, 3g protein, 18g carbohydrates (of which 1g sugars), 6.5g fat (of which 4g saturates), 1g fibre and 0.5g salt.

The perfect savoury scone – best eaten warm spread liberally with butter!

METHOD

Heat the oven to 220C/200C Fan/Gas 7. Lightly grease a baking sheet.

Mix together the flour and salt and rub in the butter.

Stir in the cheese and then the milk to get a soft dough.

Turn onto a floured work surface and knead very lightly. Pat out to a round 2cm/¾in thick. Use a 5cm/2in cutter to stamp out rounds and place on the baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.

Brush the tops of the scones with a little milk. Bake for 12–15 minutes until well risen and golden. Cool on a wire rack.

INGREDIENTS

225g/8oz self raising flour

pinch of salt

55g/2oz butter

25g/1oz mature Cheddar, grated

150ml/5fl oz milk