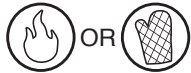


# Basic Scones

This recipe can be made into sweet or savoury scones or used as a base to make further dishes. See our serving suggestions for recipe ideas. If you don't have access to an oven they can be cooked in an electric frying pan or on the hob using a griddle pan or frying pan. They are also easy to make and inexpensive.



Milk and wheat (gluten)\*

## Nutritional information per portion (37g)†:

Energy  
416kJ  
99kcal  
5%

Fat  
**3.5g**  
5%

Saturates  
**1g**  
5%

Sugars  
**0.8g**  
1%

Salt  
**0.26g**  
4%

of an adult's reference intake.

Typical values per 100g: energy 1124kJ/268kcal.

## Equipment

- Digital weighing scales
- Baking parchment
- Chopping board
- Table knife
- Mixing bowl
- Measuring jug
- Rolling pin (optional)
- 4cm round cutter
- Baking tray
- Pastry brush
- Cooling rack



## Ingredients

### Makes 10 scones

- 50g unsaturated fat spread
- 200g self-raising flour
- 50g dried fruit (optional)
- 25g sugar (optional)

- 125ml semi-skimmed milk (save a little to brush scones)
- Vegetable oil (for greasing the baking tray)

\* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

† Nutritional information does not include optional ingredients.

# Step 1

If using the oven, preheat to 220°C/200°C fan or gas mark 7. Place a piece of baking parchment onto the digital scales. Turn the scales to zero and weigh out the spread, remove it on the paper and cut into small pieces. Place a mixing bowl on the scales, turn to zero then weigh the flour.



# Step 2

Put the spread into the bowl of flour. Rub the spread into the flour with clean fingertips, until it looks like crumbs.



# Step 3

Stir in the extra ingredients (dried fruit and sugar if using).



#### Skills used include:

Weighing, sifting, rubbing-in, mixing/combining, rolling and baking.

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## Step 4

Slowly stir in the milk a little at a time to make soft dough. (Save a little milk to brush the scones with.) Gently knead together.



## Step 5

Sprinkle flour on the work surface. Pat out the dough 2cm thick. Cut out scones with round cutter.



## Step 6

Grease the baking tray. Place the scones on the tray and brush them with milk. Cook for 10-12 minutes until the scones are risen and golden brown.



# Optional Ingredients

Try the optional ingredients below to make a range of different dishes, or you could even add some new ingredients and invent your own dish.

## Additional Instructions

<p><b>Savoury or sweet scones</b> – Add any combination of the following ingredients: 25g of cheese, 25g of chopped olives, ¼ x 5ml spoon of dried herbs, 25g of chopped sundried tomatoes, 50g of dried fruit, such as raisins or cranberries and 25g of sugar.</p>	<p>Add any of the extra ingredients in step 3 to the dry mixture then slowly add the milk to make a soft dough. Continue with the other steps.</p>
<p><b>Griddle scones</b> – The recipe is the same. The dough needs to be rolled more thinly to ensure the scones cook without burning.</p>	<p>Roll out the scone mixture to 1.5cm thick, cut out scones with cutters. Heat a griddle pan or frying pan over a medium heat. Place the scones in the pan and cook for 4 minutes. Use a palette knife or fish slice to turn them over and cook for another 4 minutes.</p>
<p><b>Scone base pizza</b> – Add 4 x 15ml spoons of passata (sieved tomato), 50g of chopped mushrooms, 4 finely chopped spring onions, 100g of grated cheese and ½ x 5ml spoon of mixed dried herbs. (Further additional toppings of choice can be added.)</p>	<p>Roll out or pat the scone mixture into a circle shape 1cm thick. Place onto a non-stick or greased baking tray. Add the passata, chopped mushroom, spring onions, grated strong cheese and mixed dried herbs. Bake for about 20 minutes until cheese is bubbling and golden brown.</p>
<p><b>Crumble topping</b> – Don't add the milk in step 4.</p>	<p>The dry mixture can be used as a crumble topping, just add on top of your fruit. You could add 25g of oats to this mixture.</p>
<p><b>Rubbing-in with a bag</b> – The dry mixture can be made in a zip seal bag. This is good if you don't want mess, dirty bowls or have children who do not like to touch ingredients.</p>	<p>Add the flour and chopped spread into the ziplock bag, zip shut and then rub through the bag. Dry ingredients can be added when the spread has been rubbed in.</p>

## Prepare now, eat later

You can keep the baked scones in an airtight container for up to 2 days or place in the freezer. When defrosted just warm for 5 minutes in an oven preheated to 180°C/160°C fan or gas mark 4 to freshen up.