

Traditional English Scones

A Scone To Die For

(Oxford Tearoom Mysteries ~ Book 1)

INGREDIENTS:

- 500g of plain flour (U.S.: 4 cups)
- 4 teaspoons of double-acting baking powder *
- ½ cup of caster sugar
- 125g of butter, at room temperature (U.S.: 1 stick)
- 150ml of full fat milk (U.S.: 2/3 cup - may need slightly more if dough is too dry)
- 2 eggs beaten lightly
- egg & milk for the “egg wash” to glaze the scones



Note: “double-acting” baking powder contains both cream of tartar and baking soda and causes the dough to rise only after heat is applied. If you use single-acting baking powder (which rises immediately), then you must not leave the dough to “rest” but must cut the scones and bake them immediately.

INSTRUCTIONS:

- 1) Pre-heat the oven to 205C / 400F.
- 2) Sieve the flour and baking powder into a large mixing bowl (this is important to add more “air” to the mixture).
- 3) Rub the butter into the flour mixture with your fingers – it is important to coat the flour with butter as much as possible. Keep doing this until the mixture has a consistency of fine breadcrumbs.
- 4) Add the sugar to the mixture and mix well with your fingers.

(This is the stage when you can add in extra ingredients such as raisins and currants, if you wish.)

- 5) Add the egg and some of the milk—do not add all the milk at once; go slow and check that the dough does not become too wet otherwise the scones will “drop”.

- 6) Mix well with your fingers until the dough forms a ball.
- 7) Tip the dough out onto a floured board, scatter some more flour on top, and then knead lightly. Very important not to over-work the dough otherwise the scones will become very hard.
- 8) When the dough looks smooth, gently pat it out (or use a rolling pin) into a thick slab, about 1 – 1.5 inches thick. This is one of the secrets to great scones—not rolling the dough out too thinly.

(The dough should now be rested for at least 30 minutes—unless you are using a single-acting baking powder. Some chefs say that resting the dough for hours, even overnight, is the secret to getting really light, fluffy scones.)
- 9) Using a cutter of your choice, stamp out the scones from the dough. Be careful not to twist the cutter as you are pressing it down—only twist it gently at the very bottom to free it. Roll up the leftover dough and spread it out again—keep cutting out scones until you have used up all the mixture.
- 10) Place the cut rounds onto the greased baking tray or baking paper.
- 11) Brush the tops with the egg & milk wash—this will give them a lovely golden glaze.
- 12) Bake in the hot oven for about 12 – 15 minutes.
- 13) Cool the scones on a wire rack.
- 14) Serve warm with some jam and butter or clotted cream!

Enjoy!