CARE TO COOK



Cream Tea Scones

Easy Read

WHAT TO DO

Community Integrated Care



Cream Tea Scones

What you will need

Community Integrated Care



1 Mixing bowl



1 Measuring jug



A set of scales



1 Round-ended knife



1 Rolling pin



1 Round cutter



1 Baking tray



1 Cooling rack



1 Pastry brush



1 Chopping board



1 Small kitchen knife

What you will need



225g Self-raising flour



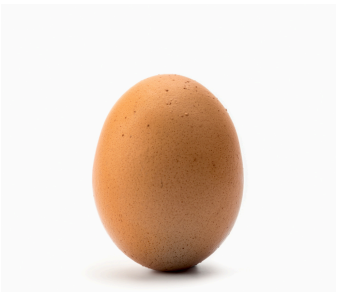
1 Tsp bicarbonate of soda



60g cold unsalted butter, cubed



25g Caster sugar



1 Egg



Whole milk



Extra flour for dusting



Strawberry jam



Extra thick double cream



Fresh strawberries cut into quarters

Method: Preparation



Preheat the oven to 200°C.



Lightly grease a baking tray with butter and dust it with a little flour.



Add the cold butter cubes and rub the butter into the flour using your fingertips until it looks like breadcrumbs.



Stir in the caster sugar.

Method: Mixing



Crack the egg into a measuring jug.



Add milk until the liquid reaches 150ml.



Mix together with a fork.



Pour a little of the egg and milk mixture into the bowl at a time and gently mix using a round-ended knife.

Method: Making Dough



Keep adding a little more liquid and mixing until the dough comes together and feels soft.



You may not need to use all of the liquid!



Tip the dough onto a lightly floured work surface and gently bring it together with your hands.



Use your hands or a rolling pin to gently flatten the dough until it is about 3cm thick.

Method: Baking



Push your cutter into flour and cut out 6 scones.



Place the scones onto your prepared baking tray.



Brush the tops with any leftover egg and milk mixture.



Bake for 10–12 minutes until golden on top.

Method: Serving



Carefully place the scones onto a cooling rack and allow to cool slightly.



Cut the strawberries into quarters and serve the scones with jam, cream and fresh strawberries.