



Scones

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder (0.28 ounce/8g)
- 1 medium eggs free-range
- 0.5 cup cup heavy whipping cream
- 8 servings milk for brushing
- 1 pinch salt good
- 3.5 tablespoons caster sugar (1.8 ounces/50g)
- 0.3 cup butter unsalted soft cut into cubes room temperature (2.6 ounces/75g) (neither fridge-cold nor)
- 1 teaspoon vanilla extract pure

Equipment

- food processor
- bowl
- baking sheet
- oven
- mixing bowl
- wire rack
- toothpicks

Directions

- Preheat the oven to 400°F. Using a food processor if you have one, whiz together the flour, baking powder, salt, butter, and sugar until the mixture resembles fine bread crumbs. (Otherwise, sift the flour, salt, and baking powder into a mixing bowl, rub in the butter with your fingers, then stir in the sugar.)
- In a separate bowl, beat together the egg, vanilla, and cream, then add to the flour mixture and bring together with your hands to form a soft dough.
- Turn the dough out onto a floured surface and knead very briefly, for 10 seconds or so, to make it a little smoother. Now, using a little more flour, pat or gently roll out to a thickness of about 1 1/2 inches.
- Using a 2 1/2-inch biscuit cutter (or a larger one, if you like), cut out about 8 disks of dough – pressing the cutter straight down, rather than twisting it, as this gives the scones a better chance of rising straight up.
- Lay the disks on a lightly greased baking sheet, brush the tops with milk, and bake for about 15 minutes, or a little longer if the scones are large. To check that they are cooked, insert a wooden toothpick into the middle; it should come out clean.
- Transfer to a wire rack to cool for a few minutes, then serve warm.
- Taste
- Book, using the USDA Nutrition Database
- The River Cottage Bread Handbook by Daniel Stevens. As well as baking fresh bread every day in the River Cottage headquarter kitchens, Daniel Stevens leads the ever-popular Build and

Bake courses, which equip students with the skills to build their own outdoor wood-fired oven. Daniel has been cooking and baking in professional kitchens for several years, both in Hertfordshire, where he grew up, and more recently in Dorset, where he now lives. He has been part of the River Cottage headquarters kitchen team since 2006.

Nutrition Facts

PROTEIN 12.31% **FAT 64.38%** **CARBS 23.31%**

Properties

Glycemic Index:25.01, Glycemic Load:8.25, Inflammation Score:-5, Nutrition Score:9.8482607678389%

Nutrients (% of daily need)

Calories: 294.84kcal (14.74%), Fat: 21.39g (32.91%), Saturated Fat: 12.99g (81.19%), Carbohydrates: 17.43g (5.81%), Net Carbohydrates: 17.43g (6.34%), Sugar: 17.5g (19.44%), Cholesterol: 86.88mg (28.96%), Sodium: 216.53mg (9.41%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 9.2g (18.4%), Calcium: 374.16mg (37.42%), Phosphorus: 290.17mg (29.02%), Vitamin B12: 1.41µg (23.44%), Vitamin B2: 0.39mg (23.21%), Vitamin D: 3.17µg (21.16%), Vitamin A: 880.01IU (17.6%), Potassium: 391.04mg (11.17%), Vitamin B5: 1.04mg (10.43%), Selenium: 6.9µg (9.86%), Vitamin B1: 0.14mg (9.49%), Vitamin B6: 0.16mg (8.19%), Magnesium: 31.5mg (7.88%), Zinc: 1.12mg (7.45%), Vitamin E: 0.54mg (3.57%), Vitamin K: 1.89µg (1.8%), Vitamin B3: 0.28mg (1.38%), Iron: 0.23mg (1.26%)