



Ultimate scones



Vegetarian



Popular

READY IN



35 min.

SERVINGS



5

CALORIES



364 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 225 g self-raising flour organic
- ☐ 0.3 tsp salt
- ☐ 50 g slightly butter salted chilled cut in small pieces
- ☐ 25 g golden caster sugar
- ☐ 125 ml buttermilk
- ☐ 4 tbsp full-fat milk
- ☐ 5 servings strawberry jam and clotted cream

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Preheat the oven to 220C/gas 7/fan 200C and lightly butter a baking sheet (unless youre using a non-stick sheet). Tip the flour into a mixing bowl with the salt. Shoot in the butter, then rub together with your fingers to make a reasonably fine crumbed mixture, lifting to aerate the mixture as you go. Try not to overrub, as the mixture will be lighter if its a little bit flaky. Now stir in the sugar.
- ☐ Measure the buttermilk, then mix in the milk to slacken it. Make a bit of a well in the middle of the flour mixture with a round-bladed knife, then pour in most of this buttermilk mixture, holding a little bit back in case its not needed. Using the knife, gently work the mixture together until it forms a soft, almost sticky, dough. Work in any loose dry bits of mixture with the rest of the buttermilk. Dont overwork at this point or you will toughen the dough.
- ☐ Lift the ball of soft dough out of the bowl and put it on to a very lightly floured surface. Knead the mixture just 3-4 times to get rid of the cracks.
- ☐ Pat the dough gently with your hands to a thickness of no less than 2cm and no more than 2.5cm. Dip a 5.5cm round fluted cutter into a bowl of flour this helps to stop the dough sticking to it, then cut out the scones by pushing down quickly and firmly on the cutter with the palm of your hand dont twist it. You will hear the dough give a big sigh as the cutter goes in. Gather the trimmings lightly then pat and cut out a couple more scones.
- ☐ Place on the baking sheet and sift over a light dusting of flour or glaze if you wish.
- ☐ Bake for 10-12 minutes until risen and golden. Cool on a wire rack, uncovered if you prefer crisp tops, or covered loosely with a cloth for soft ones.
- ☐ Serve with strawberry jam and a generous mound of clotted cream (Cornish people put jam first, then cream, Devonians the other way round). Eat them as fresh as you can.

Nutrition Facts



 **PROTEIN 7.64%**  **FAT 48.62%**  **CARBS 43.74%**

Properties

Glycemic Index:37.2, Glycemic Load:21.74, Inflammation Score:-3, Nutrition Score:5.3821738958359%

Nutrients (% of daily need)

Calories: 364.12kcal (18.21%), Fat: 19.61g (30.16%), Saturated Fat: 11.91g (74.44%), Carbohydrates: 39.69g (13.23%), Net Carbohydrates: 38.61g (14.04%), Sugar: 7.16g (7.95%), Cholesterol: 49.73mg (16.58%), Sodium: 214.06mg (9.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.86%), Selenium: 19.19µg (27.42%), Manganese: 0.36mg (18.07%), Phosphorus: 88.93mg (8.89%), Vitamin A: 372.08IU (7.44%), Calcium: 65.8mg (6.58%), Vitamin B2: 0.09mg (5.33%), Copper: 0.09mg (4.54%), Fiber: 1.08g (4.32%), Vitamin E: 0.64mg (4.24%), Magnesium: 16.88mg (4.22%), Folate: 16.47µg (4.12%), Vitamin B1: 0.06mg (3.68%), Zinc: 0.54mg (3.59%), Vitamin B5: 0.36mg (3.56%), Potassium: 119.31mg (3.41%), Vitamin D: 0.51µg (3.41%), Vitamin B12: 0.2µg (3.31%), Iron: 0.45mg (2.51%), Vitamin B3: 0.5mg (2.48%), Vitamin B6: 0.04mg (1.77%)