



Afternoon Tea Fruit Scones



Time: 20 minutes plus 20 minutes baking

Serves: 4-6

INGREDIENTS

225g (1 2/3 cups) self raising flour
1 tsp baking powder
A pinch of salt
55g (1/4 cups) butter
25g (1/8 cups) caster sugar
150ml (1/2 cups) milk
50g (1/3 cups) dried fruit (raisins, sultanas etc)

PREHEAT THE OVEN TO 180C/170C FAN / 350F AND LINE A BAKING TRAY WITH BAKING/PARCHMENT PAPER

Method

Measure the flour (225g), salt (pinch) and baking powder (1 tsp) and put them in a large mixing bowl. Measure the butter and chop into small pieces before adding to your bowl.



Using your fingertips rub the butter and flour together until you have a fine breadcrumb.

Measure the sugar and add it to your bowl. Give it a good mix. Measure your milk – if possible using the ml setting on digital scales as you can be much more accurate this way. Add the milk to your bowl slowly, mixing it in well.

Measure the sultanas or any other fruit you are using and add them to your dough. Give everything one final mix. It may be easier at this point to use your hands again to make sure the fruit is evenly mixed through the dough.

On a floured surface roll out the dough to approx. 2cm thick, if easier the dough can be patted down with hands rather than with a rolling pin.

Using the pastry cutters, cut out and place on the prepared tin, you may need to re roll or flatten the dough a few times to use it all up – you are often left with an odd shaped scone – this is known as the cooks tester!

Brush the tops of the scones with a little milk and bake for 15 – 20 minutes or when they have risen and turned golden brown.

Enjoy with butter or cream and jam, marmalade or soft cheese. My Nan loved mature cheddar on her fruit scone where my Grandad preferred Hedgerow Jelly made by my me and my Nan after a day of fruit picking.

See what topping comes out favourite and while eating and enjoying have a good chat about baking, jam making and fruit picking with the residents and see what stories they have.