

Fiona's Scone Recipe



As promised here is the recipe for the British scones that Fiona made for our Mother's Day cream tea and the Family Matters June picnic!

They are a great alternative to the regular tea biscuits made on this side of the Atlantic as they use yogurt instead of eggs to help them rise!

The measurements of ingredients in my recipe are originally in grams but I have converted them to cups as best as I can for anyone that doesn't have kitchen scales.

Makes 12-14 Scones using a 5cm / 2inch diameter cookie cutter

Ingredients

Grams

340g x Self raising flour
- Make a mix with 325g of all purpose flour and 15g Baking Powder

1 x pinch of salt

85 g x Salted butter (chopped into 1inch ish pieces)
- Must be solid hard butter straight from the fridge (**margarine will NOT work**)

55g x Regular white sugar

125mls x Milk
- I use 3.25%

100g x Plain yogurt
- I use Liberte Greek but any plain yogurt will do as long as it is NOT 0% fat

Cups

2 $\frac{3}{4}$ cups x Self raising flour
- Remove 2 $\frac{1}{2}$ level teaspoons of the flour and mix in 2 $\frac{1}{2}$ level teaspoons of Baking Powder

1 x pinch of salt

A little over $\frac{1}{3}$ rd cup x Salted butter (chopped into 1 inch ish size pieces)
- Must be solid hard butter straight from the fridge (**margarine will NOT work**)

$\frac{1}{4}$ cup x Regular white sugar

125mls x Milk
- I use 3.25%

100mls x Plain yogurt
- I use Liberte Greek but any plain yogurt will do as long as it is NOT 0% fat

Equipment

In addition to the above you will need 1 x large mixing bowl for mixing the dry ingredients, 1 x medium size mixing bowl for mixing the yogurt and milk, 1 x spatula or wooden spoon, assorted measuring cups or a kitchen weighing scale, assorted measuring spoons, 1 x 5cm / 2 inch cookie cutter, 1 x rolling pin & 1 x baking tray

Method

Preheat oven to 425F/220C/Gas 7 and line a baking sheet with parchment paper. Sift together the flour, salt and baking powder into a large bowl and rub in the pieces of straight from the fridge cold butter with your finger tips until the mixture resembles fine bread crumbs. Stir in the sugar and make a well in the center of the 'bread crumb' mixture. Mix the milk and yogurt together and pour into the well and work the mixture until a soft dough is formed. At first it may not look like it will form but it will. Turn it out onto a floured surface to knead by hand to finish forming it into a dough ball.

On a floured surface flatten it out to an even thickness of about 2cms with a rolling pin. Using a 5cm/2inch diameter cutter, cut out the scones and place them on the baking sheet. Gather up the trimmings and reform into a ball, re-roll out the dough then cut out more scones. Repeat process until all the dough has been used up.

Bake scones on the middle shelf of your oven for 12-15mins until the top browns then remove from the oven and leave to cool on a wire rack.

Also :-

You can make savoury scones

- Replace the sugar with 55g of grated cheese and 1/2tsp mustard powder instead and make and bake them in the same way.

Or do fruit scones by replacing the sugar with some fruit!

- If you plan to use dried raisins/sultanas/other dried fruit you should re-hydrate it first by soaking it in a bowl of very hot or boiling water for 20 mins. Drain off the water, squeeze out any excess water off the re-hydrated fruit then add the re-hydrated fruit into your milk/yogurt mixture before adding it into the flour/baking powder/butter crumb mixture.
- If using fresh fruit like blueberries or chopped up strawberries etc drain off any excess liquid (if there is any) before adding to your milk/yogurt mixture.

Break your scone in half and serve with fresh whipped cream, chopped up fruit, your choice of jam or eat them just as they are!