

*East West Bake Cooking Show*

## SCONES

*Chef Brian Mellor*



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### Episode 6 – Scones

by Chef Brian Mellor

Makes 4

#### *Ingredients*

225 G Flour self raising 50 G Butter

30 G Sugar castor 125 ML Milk buttermilk 4 Tbsp Milk whole

50 G Sultanas 1 P Salt table

Preheat the oven to 220C/gas 7/fan 200C and lightly butter a baking sheet or line with baking parchment. Tip the flour into a mixing bowl with the salt, add the cubed cold butter cutting it on with a butter knife then rub together with your fingers to make a reasonably fine crumbed mixture, lifting to aerate the mixture as you go. Don't overrub the mix as it will be lighter if it isn't overworked. Now stir in the sugar.

Measure the buttermilk, then mix in the milk to slacken it. Make a well in the middle of the flour mixture with the butter knife, then pour in most of this buttermilk mixture, holding a little bit back in case it's not needed. Using the knife, gently work the mixture together until it forms a soft, almost sticky, dough. Again don't 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. Add the fruit & 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 – don't twist it.

You will hear the dough give a 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 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 whipped or clotted cream.

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