

HERBY CHEESE SCONES

Makes 6 scones



INGREDIENTS	EQUIPMENT
200g self-raising flour 50g wholemeal self raising flour $\frac{1}{2}$ teaspoon baking powder 50g butter 75g Cheddar cheese – grated 1 tablespoon fresh herbs e.g. basil, chive, thyme – torn 1 medium-sized egg – beaten 50ml – milk to mix flour – for rolling out	mixing bowl teaspoon sieve table knife tablespoon grater small bowl fork flour dredger 6cm plain cutter palette knife baking tray - greased

METHOD

1. Heat the oven to 230°C/Gas 8. Sieve the flour and baking powder into the mixing bowl. Add the butter, 'cut' and rub it in until the mixture resembles breadcrumbs.
2. Add the cheese and the herbs. Mix them in with the table knife. Make a 'well' in the centre of the mixture. Crack the egg into a small bowl, beat it with a fork and pour it into the well.
3. Add 2 tablespoons of milk and mix with the knife to form a stiff, dryish dough. Add more milk, if needed.
4. Lightly flour the work surface. Knead the dough very lightly and press it out to a 3cm thickness. Cut out the scones with the cutter and place them on the baking tray.
5. Bake for 8 - 12 minutes until well-risen and golden-brown. Serve the scones warm, either on their own or with soup or cheese.

RECIPE NOTES AND TIPS

- Butter is used in this recipe for a good flavour and suitability for 'rubbing-in' – however, butter increases the saturated fat content. A polyunsaturated margarine can be used successfully if worked with light fingertips.
- Make mini-scones to reduce the portion size.
- Batch-bake and freeze. When defrosted, pop in a hot oven to freshen up for 5 minutes before serving.

ALLERGY AWARE

This recipe contains

- Gluten (flour and some baking powders)
- Milk (incl. butter and cheese)
- Egg

Per scone (67g)

	ENERGY	
	1205kJ / 288kcal	14%
HIGH	FAT	
	13.1g	19%
HIGH	SATURATES	
	7.6g	38%
LOW	SUGARS	
	0.7g	<1%
MED	SALT	
	0.9g	14%

% of an adult's reference intake

Typical values per 100g : Energy 1799kJ / 429kcal

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NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (67g)
Energy	1799kJ / 429kcal	1205kJ / 288kcal
Protein	13.2g	8.8g
Carbohydrate (of which sugars)	48.7g (1.1g)	32.6g (0.7g)
Fat (of which saturates)	19.5g (11.3g)	13.1g (7.6g)
Fibre	3.1g	2.1g
Salt	1.3g	0.9g