

Tattie Scone

Introduction

This is a very simple recipe that you can knock up in small batches.

There's a lot of flexibility in the recipe and by adding more flour or using a larger egg you can get tattie scones ranging from moist and thin to thick and fluffy (ok, maybe a bit dry but nothing that a dollop of HP sauce won't fix!)

Ideal recipe for cooking "next day" if you have cooked too much potato for dinner.

Good for breakfast or as an alternative to wedges or chips if you're doing a quick tea.



Ingredients

- 200g cold mashed potato
- 25g self-raising flour
- 1 medium egg
- A splash of oil for frying

Quantities are just a guide as the exact numbers don't matter that much.

Options

- You can add extra bits such as cheese, softened onion or fried pancetta, but I like them how mamma used to make them – plain!

Equipment

- Mixing Bowl
- Frying pan
- Basic utensils – nothing special!

Preparation

There's nothing to prepare!

Method

Put the mashed potato in a bowl.

You can make your own mashed potato and let it cool, or you can use the frozen mash from the supermarket. If you are using frozen, you need to defrost first. Note that if you are using the microwave to defrost the potato, make sure you don't overdo the heat as you don't want the potato hot.

Chuck in the flour – there's no need to sieve it, as long as there are no huge lumps.

Use a fork to break up the potato and combine it with the flour.

Crack the egg into a cup or small bowl and whisk with a fork.

Gently pour the egg into the potato mix – don't use it all at first just in case it's too much egg. You may end up with too much egg and the scones go sloppy.

It might take a bit of effort to get the egg to mix into the potato but it needs to be done!

If it's a bit stodgy, add the rest of the egg.

Pre-heat the oil in the frying pan to a medium heat – enough to let the oil flow smoothly.

Remember, too hot and the food burns before it is cooked.

Too cold and the food soaks up the oil and becomes an oily mess!

2 dessert spoons per scone is about right. Space them apart as they will flatten and spread as they are cooked.

Turn over as required and cook both sides until golden brown.

Portions

Number of portions 4

Storage

Not suitable for freezing – they become rubbery when defrosted and reheated.



*Three simple ingredients
– potato is already
seasoned*



*Mix ingredients to a
thick baked rice
consistency*



*Fry on a medium heat
with a little oil*



*Adjusting the flour & egg
can get you thick and
fluffy, or thin and moist*

**Although the thin and moist is my favourite,
you are advised not to serve these without
fully cooking the egg.**

Credit: Catherine Abbott, Cowdenbeath.