

# British Scones



Servings: 12

2 1/4 cups all-purpose flour

1 1/2 tablespoons baking powder

1/2 teaspoon salt

2 tablespoons sugar

5 tablespoons unsalted butter, cold

2/3 cup milk

1 large egg, lightly beaten

To a bowl add all-purpose flour, baking powder, salt, and sugar. Stir to combine.

Cut the unsalted butter into small pieces and add to the flour mixture. With a pastry cutter or using your hands cut the butter into the flour mixture until you reach a breadcrumb-like consistency.

Reserve 1 tablespoon of the egg and 1 tablespoon of milk. Set aside.

Add the remaining egg and milk to the flour and butter mixture. Mix until everything is just combined.

Turn the dough out on to a lightly floured surface. Flatten it out to 2/3-inch thickness and cut out rounds.

Transfer the scones to a baking sheet lined with parchment paper.

Brush to top of the scones with the reserved egg and milk.

Bake in a 425°F oven for 10-12 minutes or until golden on top.

Serve

Per Serving (excluding unknown items): 150 Calories; 6g Fat (35.0% calories from fat); 3g Protein; 21g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 284mg Sodium. Exchanges: 1 Grain (Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.