



Adult Learning Within Reach

Member Lecture – 12 August 2021

Sweet treats: the perfect scone!

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Recipe: Healthy scones

Ingredients - scones

- 225g self-raising flour
- Half teaspoon baking powder
- 50g margarine or low-fat spread
- 125ml semi-skimmed milk
- 1 egg
- 25g granulated sugar
- Pinch of salt
- 25g sultanas (or any other dried fruit)

Ingredients – strawberry compote

- 150g strawberries (hulled and chopped)
- 25g granulated sugar

Equipment needed: mixing bowl, measuring jug, knife, fork, scales, circle cutter (or you can cut them out yourself), baking tray – greased and lined.

Cooking method: Oven

Method

1. Preheat oven to 220°C (200°C fan, 400°F, gas mark 6).
2. Add flour and baking powder into a mixing bowl and add margarine. Rub together to make breadcrumb texture. Stir in sugar and salt.
3. Beat the egg in a measuring jug, and add the milk to make up 150ml.
4. Add the egg mix to the dry ingredients a little at a time, and mix with a knife (you may not need all the egg mix, but keep to use as a glaze).
5. Add the fruit.
6. Bring the mixture together using your hands – it should be soft but not sticky.
7. Turn the dough out onto a well floured board, and pat out to depth of about 2cm (do not roll).
8. Cut out rounds and put on baking tray, glaze with remaining egg mix and bake for between 12-15 minutes until risen and golden.
9. For the strawberry compote, place the strawberries into a large bowl and add the sugar. Lightly mash, using the back of a fork.
10. Once cooked, split the scone open and spoon the crushed strawberries over one half, and add a small dollop of the low fat cream.
11. Replace the top and enjoy.