



APPLE BUNS

Ingredients for 8

*25g wholemeal flour
200g plain flour
½ tsp salt
4g sodium bicarbonate
75g butter
75g caster sugar*

*80 to 90g butter milk
1 egg
2nd egg for glazing
granulated sugar to dust on glaze
70g peeled/chopped apple (stewed
with minimum water)*

Method

Preheat the oven to 220°C Rub the butter into the flours to fine breadcrumb texture then add in the sugar, egg and most of the buttermilk (enough to give a fairly stiff dough). Roll into balls with floury hands and place on a floured baking tray. With a floury thumb make an indent in the top (dead centre so it doesn't keel over when filled) and fill this with a small teaspoonful of stewed apple or raspberry jam. Brush the sides of the buns with egg then sprinkle granulated sugar on the glaze.

Bake till golden brown, about 15 to 20 minutes.

TREACLE SCONES

Ingredients for 8

*150g coarse wholemeal flour
100g plain flour
6g sodium bicarbonate*

*50g chopped walnuts (optional)
3g fine salt
2 tbsp treacle*

Method

Preheat the oven to 220°C Warm the treacle and buttermilk until the treacle melts. Mix all the dry ingredients then add in the treacle & buttermilk and mix lightly by hand.

Turn the dough onto a heated, lightly floured baking tray then cut into individual scones. Dust with flour. Bake for about 15 minutes. Alternatively bake on a lightly greased griddle, about 8 minutes each side.

Serve with butter or cheese.

