



## No WHEAT SCONES

These scones have soda, eggs and quite a lot of sugar, so little cakes really.

### Ingredients to make 6 (everything x 3 for a batch of approx 20)

150g rice flour  
60g potato flour  
50g corn flour or medium oatmeal, or amaranth flour  
1 heaped teaspoon baking powder  
(Normal baking powder & bicarb contain gluten but gluten free baking powder is available in some shops.)  
half teaspoon salt  
30g butter or 25g oil eg olive or sunflower

25g soft brown sugar  
1 egg  
130g warm whole milk or soya milk  
optionally approx. 100g broken walnuts or sultanas

### Method

Heat the oven to 210°C then mix the **flours**, **baking powder** and **salt**.

Cut the **butter** into knobs; rub this into the flours with the fingertips, until the mixture resembles fine breadcrumbs.

Dissolve the **sugar** in the **warm milk** then whisk in the **egg**. Before you add the liquid to the flour make sure that the oven is up to temperature, the oven shelves are in place, the baking tray is hot and floured. From this point on you need to work quickly.

Add sufficient **milk** to give a light, soft dough, using a round-bladed knife for mixing, and optionally add the **walnuts etc**.

Turn the dough on to a lightly floured surface. Knead it lightly until smooth, then shape it into a flat round, 1 in. thick. Cut the scones with a 3" cutter or divide into squares with a knife.

Set the scones round on a heated, lightly floured baking tray and bake near the top of the oven, pre-heated to 250°C, for about 20 - 25 minutes.

Serve the scones warm, with butter or jam. Great toasted tomorrow.