



WHOLEMEAL SCONES

The quickest and of simplest bakes, just 30 minutes from thinking about it to eating it.

Ingredients

225g plain wholemeal flour
10g baking powder
a pinch of salt

50g butter
25g brown sugar
140g warm milk
approx. 75g broken walnuts, sultanas, cheese or banana optional

Method

Mix the **flour**, **baking powder** and **salt**.

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

Dissolve the **sugar** in the **warm milk**. 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**.

Turn the dough on to a lightly floured surface. Knead it lightly until smooth, then shape it into a flat round, 8 in. wide.

Mark it into six equal triangles with the back of a floured knife.

Set the Scone round on a heated, lightly floured baking tray and bake near the top of the oven, pre-heated to 220°C, for about 15 minutes.

Serve the scones warm, with butter or jam.