



Able Baker!

**Support Resource for
Active Kids Get Cooking Bronze Award**

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International Scones
(Inspiration from around the world)



Image: cheddar cheese and chive scones



Plain Scones

Makes 8

Preheat oven to 220c / fan oven 200c/Gas mark 7

Equipment required: mixing bowl, metal spoon, weighing scale, knife, baking sheet lined with non – stick baking paper

Ingredients

225g self raising flour
1 teaspoon baking powder
Half a teaspoon salt
50g butter or margarine
150ml milk

Method

1. Put the flour and salt into a mixing bowl. Add the butter or margarine and rub in until the mixture resembles breadcrumbs.
2. Stir in the milk and press together to form the dough using a metal spoon.
3. Put the dough onto a floured surface and roll out to 1.5-2cm thickness.
4. Cut into rounds with the cutter and place on a greased baking sheet.
5. Bake in pre-heated oven for 20 minutes until golden.
6. Cool on a wire tray.

Tip: If you like a shiny finish on your scone brush with a little milk before baking.



Whole-meal Cheese Scones

Makes 8

Preheat oven to 220c / fan oven 200c/Gas mark 7

Equipment required: mixing bowl, metal spoon, weighing scale, knife, baking sheet lined with non – stick baking paper

Ingredients

225g 100% whole-meal stone ground self raising flour

1 tsp baking powder

A pinch of salt

½ teaspoon dried or fresh chives

50g butter or margarine

75g grated cheddar cheese

150ml milk

Method

1. Put the flour, chives and salt into a mixing bowl. Add the margarine and rub in until the mixture resembles breadcrumbs.
2. Stir in the cheese and sufficient milk to form the dough.
3. Put the dough onto a floured surface and press out to 2.5cm thickness.
4. Cut into rounds with the cutter and place on a greased baking sheet.
5. Bake in pre-heated oven for 20 minutes until golden.
5. Cool on a wire tray.

Tip: If you like a shiny finish on your scone brush with a little milk before baking.



Ingredient swapper

Description of Ingredient	Swappers	Tips
Self raising flour	Try using some whole meal flour or stone ground to increase the fibre content and reduce the GI rating	Stone ground flour is lighter to bake with than regular whole meal as the flour is finer. If you use a plain flour add a raising agent (see below)
Salt	Try using a mineral salt like pink Himalayan salt which is high in iron or sea salt	Salt is included as it adds flavour. If you are using cheese or salami in your scones you could just leave the salt out as these type of ingredients have salt in them anyway.
Butter	Try using a regional butter like Jersey butter or from the Alps. Goat's milk butter is also available. There are also some interesting olive oil based baking margarines.	You can use butter or margarine for making scones. Just check the label to make sure the product you choose is suitable for baking.
Milk	Try using buttermilk, natural low fat yogurt or sour milk instead of fresh milk.	Changing from fresh milk to another product adds a different flavour and texture to your scone. Experiment and find out which one you like the most.

Why use self raising flour?

Self raising flour is plain flour mixed with raising agents. The raising agent is usually baking powder, which is a mixture of baking soda (alkaline) and cream of tartar (a mild acid). When they are mixed together and liquid is added they react and produce carbon dioxide. This makes the mixture expand and causes the dough to rise. Using Self Raising flour saves you the trouble of measuring different raising agents, to convert plain flour to Self Raising flour you need:

500g plain flour and 2.5 teaspoons baking powder

If you are using whole-meal flour use 500g whole meal flour and 3 teaspoons of baking powder.

To make baking powder mix 3 teaspoons of bicarbonate of soda and 4 teaspoons of cream of tartar together. It will keep for months in an airtight jar or storage container.



Once you have mastered the art of scone making you can start experimenting with toppings and fillings to make them more interesting.

Fillings

Scones really lend themselves to having added ingredients. Try using different cheeses (Look at the ideas below), cold meats, cheeses, vegetables, herbs and spices and you will be amazed at the wonderful combinations you can make.

For cold meats choose from 50-75g of: ham, salami, chorizo, corned beef, cooked sausages cooked bacon, smoked turkey or chicken breast. These should be diced before adding to the dry scone mix and **before** you add the liquid.

Cheeses: Hard cheeses and semi soft cheeses are best used here. Hard cheeses include, cheddar, edam, gouda, gruyere, Use 50-75g grated or diced.

Vegetables: grated carrot, courgette, chopped spinach, diced mushrooms, sweet corn, or tomatoes. Add no more than 25g as too much will make the scones too moist to cook properly.

Herbs: Fresh herbs are always really tasty in baked products try basil, thyme, rosemary, oregano, chives or mint. One to two teaspoons of fresh chopped herbs is enough to add flavour.

Spices: Curry powder, cumin seeds, fennel seeds, fresh ground black pepper and tumeric can all add colour and flavour. Be careful not to use too much half a teaspoon is probably about right!

Toppings

Toppings can add decoration to your scones plus added fibre, protein, texture and flavour.

Here are some ideas:

Seeds: poppy, sesame (white and black), sunflower, mustard & pumpkin.

Chopped nuts: almonds, cashews, hazelnuts, mixed chopped nuts, pecans, brazils or whole pine kernels.

Grated cheese: any hard cheese of your choice

Remember for toppings you only need enough to sprinkle on the top.



Here are some scone ideas the Active Kids Team came up with on their travels!

The British: smoked bacon & Cheddar cheese

The Chinese: finely chopped salad onions & sesame seeds

The Greek: finely chopped black olives, oregano & feta cheese

The Welsh: finely chopped steamed baby leeks & Caerphilly cheese

The Spanish: finely chopped chorizo & diced red pepper

The Scottish: flaked smoked fish & finely chopped red onion

The Italian: finely chopped sun dried tomato, grated mozzarella and fresh basil

The German: finely chopped pepper salami & diced mushroom

The French: crushed garlic, fresh thyme & diced brie (needs to be under ripe and chilled)

The Swedish: cooked flaked salmon & dill

These are just a few ideas to get your started, its easy to see how versatile scones are and how many different ingredients can be use to give them an interesting twist.