

Cream Tea Scones

This recipe makes 6 scones and will take about 20 minutes preparation time and 15 minutes cooking time in a preheated oven at 190oC/180oC Fan/Gas Mark 5

Ingredients

1. Medium cooking apple (peeled, cored and diced to give 125g/ 4 ½ oz prepared fruit)
2. 2x15ml tbsp water
3. 250g/9oz Glutafin Free Multipurpose White Mix
4. 1 ½ x 5ml tsp Gluten Free baking powder
5. 25g/1oz Butter (at room temperature)
6. 3 x 15ml tbsp Milk

Method

1. Place the prepared diced apple into a medium size mixing bowl with the water. Cover and microwave for 3 - 4 minutes, until it is cooked to a puree. Set aside to cool.
2. To prepare the scones, set aside a tablespoon of White Mix for rolling out. Place half of the remaining White Mix into a bowl with the cooled apple and the remaining ingredients. Stir to a smooth paste with a fork, before working in the remaining White Mix.
3. Then transfer the raw scone mix to a work surface liberally dusted with the White Mix. Then knead thoroughly for 2 minutes, to give a smooth dough.
4. Roll out the scone dough to a 25cm/1 inch thickness, adding more White Mix if necessary, to prevent it from sticking.
5. Then cut the dough into 6 rounds using a 6.5cm/ 2 ½ round cutter. Place onto a greased baking parchment and bake until well risen and golden brown in colour.
6. Serve warm, split in half and topped with cream and jam (yummy).

To freeze, seal the scones in an airtight freezer bag. Then when serving from frozen, heat in a warm oven for 5 minutes, or microwave briefly.