

Scones

2 cups/8 ounces/250 g all-purpose flour (plain flour)
1 teaspoon salt
¼ teaspoon cream of tartar
2 teaspoons baking powder
1 teaspoon baking soda (bicarbonate of soda)
¼ cup/2 ounces/50 g sugar
4 tablespoons/2 ounces/50 g unsalted butter, chilled and finely diced
2/3 cup/¾ Imperial pint/150 ml milk

Preheat oven to 400° Fahrenheit (200° Celsius).

To a large bowl, add the flour, salt, cream of tartar, baking powder, soda and sugar. Aerate and combine with a whisk.

Add the butter and rub the mixture between the fingers until the dough resembles coarse sand.

Make a well, pour in the milk and cut in with a knife. Knead with the hands until the dough is smooth.

Roll the dough out to ¾-inch (about 2 cm) thickness and cut out twelve scones using a 2 ½-inch round cutter. (The closest standard metric cutter is 68mm.) Bake for 8-10 minutes on a greased baking sheet until the tops of the scones are a golden brown.

Serve with clotted cream and strawberry jam.

Makes 12 scones



Strawberry Jam

6 ounces/170g strawberries, halved if large
6 ounces/170g sugar

Stirring frequently, heat the strawberries and sugar in a medium heavy-bottomed saucepan over medium-low heat until the sugar dissolves into the strawberries. When this happens, turn the heat up to medium-high and bring the mixture to a boil. Boil the mixture without stirring for two minutes then remove the pan from the heat and pour the goo into a pyrex container and refrigerate. It is best to make this well in advance so it has enough time to cool completely and set up.

Makes approximately 1 pint (¾ Imperial pint)