

Fruit scones

Ingredients

1 large eating apple or pear
 250g self raising flour
 40g butter or baking fat/block
 1 x 5ml spoon ground ginger, cinnamon or mixed spice
 25g sugar
 125ml semi-skimmed milk

Complexity: medium



Equipment

Non-stick baking tray, pastry brush, grater, weighing scales, sieve, mixing bowl, measuring spoons, mixing spoon, measuring jug, flour dredger, rolling pin, scone cutter, cooling rack.

Method

1. Preheat oven to 220°C or gas mark 7.
2. Grease or line the baking tray.
3. Wash and grate the apple or pear (do not peel).
4. Sift the flour into the bowl.
5. Rub the fat into the flour until it resembles breadcrumbs.
6. Stir in the sugar, spice and fruit.
7. Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk).
8. Mix to form a soft dough.
9. Place the dough on a lightly floured work surface.
10. Roll out the dough to about 1½cm thick.
11. Shape the scones using a cutter.
12. Place the scones on a baking tray and brush each top with a little milk.
13. Bake for 12 – 15 minutes, until golden brown.
14. Allow to cool on a cooling rack.

Top tips

- Experiment with different flavours and textures by using fresh or canned fruit, such as mango, plum, nectarine, peach or pineapple.
- To make cheese scones, sift 1 x 5ml mustard with the flour and add 75g grated cheese before you add the milk. Do not add the sugar.
- Traditionally, fluted scone cutters are used for sweet scones and plain cutters for savoury scones.

Food skills

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| • Weigh. | • Grate | • Rub-in. | • Roll out. | • Bake. |
| • Measure. | • Sift. | • Mix and stir. | • Form and shape. | |