

Recipes from the Millers



Neil's Fruit Scones

Ingredients

- 125gm Acorn Bank Wholemeal Flour
- 225gm Self Raising Flour
- 1½ tspn Baking powder
- 75gm Butter (supermarket spreads will work well)
- 40gm Caster sugar
- 60gm Sultanas (or any other fruit you fancy)
- 100ml Milk
- 2 Eggs (beaten lightly with a fork)

Method

- Place flour and baking powder in a large mixing bowl.
- Rub the butter into the flour with (very clean!) fingers (or wear nitrile food standard gloves). When the butter is all absorbed the mixture should look like breadcrumbs.
- Add caster sugar, fruit, milk and most of the eggs (keep a tiny bit of egg back to coat the top of the scones). Mix together with spoon or plastic spatula and form a sticky dough.
- Clean worktop thoroughly, sprinkle it with flour and tip the dough out on to it.
- Sprinkle more flour onto mixture and form it into flat shape about 25mm (1 inch) thick.
- Cut out scones using proprietary cutter (an egg cup will do equally well) but grease it with butter first to reduce stickiness.
- Place on a greased baking tray. Lightly brush the top of the scones with the remains of the egg using a pastry brush or similar).
- Cook near the top of an oven at about 200 degrees centigrade (200 Deg C Fan or gas mark 4) for 12 minutes.
- Remove scones with a spatula and allow to cool on a wire tray

Enjoy your scones. As there is hardly any sugar in them, most people prefer to eat them with butter and jam (and perhaps cream too!). The contrast of the sharpness of the taste of the wholemeal flour with the jam is especially good.

