

COOKING IDEAS – SCONES



Scones are a great afternoon snack with a traditional cup of tea. Be creative and experiment. Perhaps consider date and cinnamon scones. This recipe uses a camp oven on a gas cooker. If you can use hot coals then you could try that method.

Ingredients

- 3 cups of self raising flour
- 80 g of salt reduced softened butter
- 1 ¼ cups of milk
- Jam to serve
- Cream to serve
- Plain flour for dusting





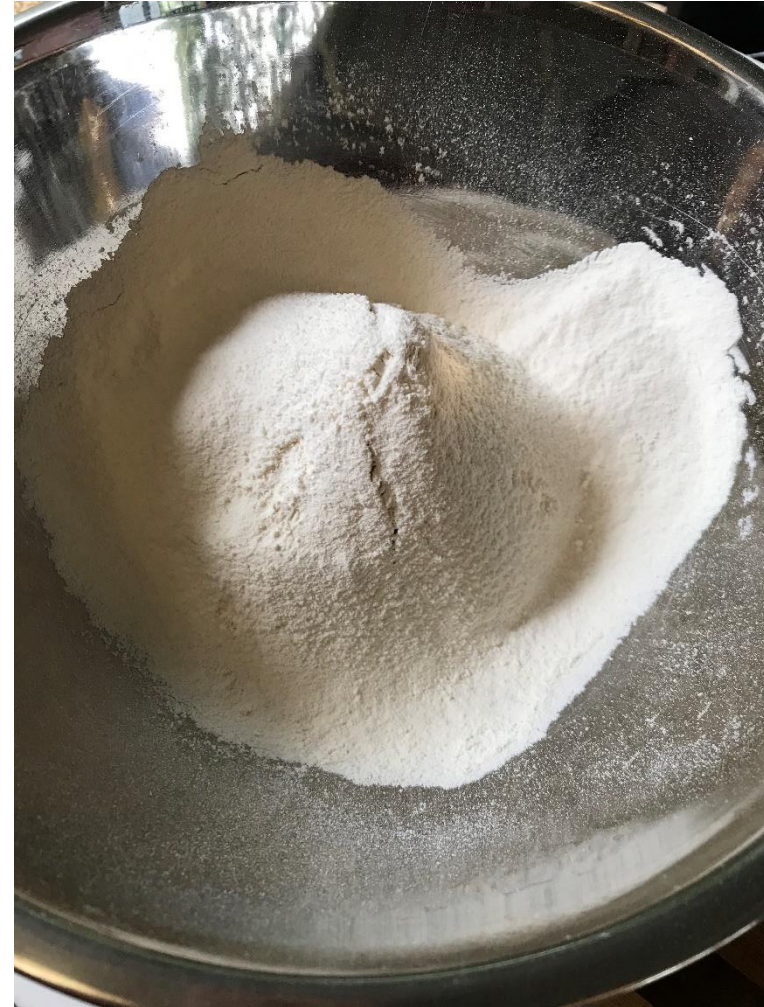
Method

1. Place the camp oven on the gas cooker. Preheat the camp oven to approximately 200 deg C.



Method (Continued)

2. Sift the self raising flour into a large mixing bowl.





Method (Continued)

3. Cube the butter into small pieces and place into the flour.



Method (Continued)

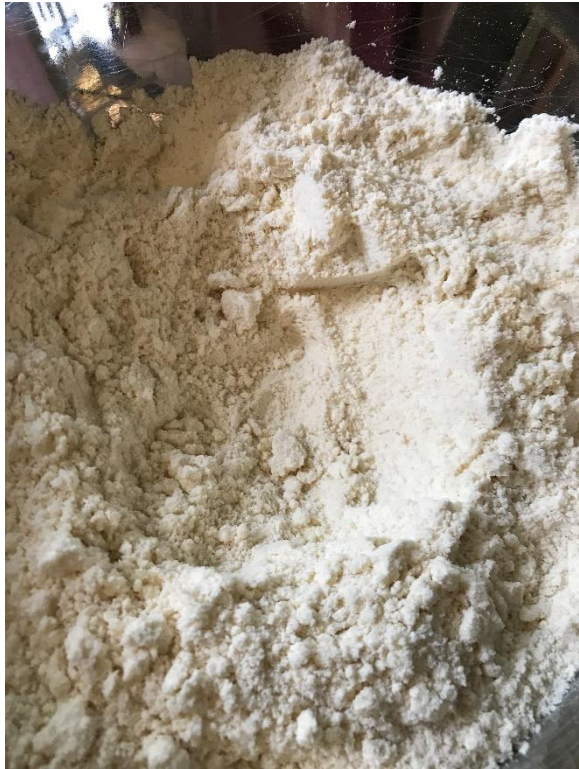
4. Use the palm and heel of your hands to rub the butter into the flour until it resembles fine bread crumbs.





Method (Continued)

5. Make a well in the centre of the mixture and pour in the milk.



Method (Continued)



6. With a flat knife mix the milk into the mixture to form a dough.





Method (Continued)

7. Dust a board with plain flour and lightly knead the dough. Be careful not to knead too hard or for too long as this will cause the scones to be tough. Only use the heel of your hands and not the fingers.



8. Pat the dough out to 2 cm thick.



9. Using a scone cutter cut out rounds of dough and place onto a baking tray lined with baking paper.



Method (Continued)



10. Lightly brush the tops of the scones with milk.



11. Place the tray in the camp oven and cook for approximately 15 – 20 minutes or until cooked.





Method (Continued)

12. Serve with Jam and cream.

