

Scones

Ingredients:

- 115g self-raising flour
- 75ml milk
- 25g sultanas
- 25g unsalted butter
- 15g caster sugar
- 0.5 tsp baking powder (school)
- Pinch of salt (school)











Skills:

- Weighing and measuring
- Rubbing-in
- Mixing, combining
- Portioning and shaping

Equipment Needed:

- Blue tray
- Large bowl
- Pastry cutter
- Round bladed knife
- Safety mat
- Flour dredger
- Timer
- Weighing scales
- Metal spoon
- Baking tray and baking paper
- Small bowl (to weigh ingredients in)
- Sieve
- Measuring jug
- Wooden triangle
- White chopping board
- Container (to take food home in)

Method and Time Plan:

0	Personal and kitchen hygiene. Collect equipment and ingredients	 10
1	Preheat oven to 200°C	
2	<i>Weigh out the correct amount of flour (into small bowl).</i> Sift together the flour, baking powder and salt into a large bowl	 5
3	<i>Weigh out the correct amount of butter.</i> Cut the butter into small pieces and add to the flour	 5
4	Using your fingertips , rub the butter into the flour until fine breadcrumbs	 10
5	Add the sugar and sultanas into the mixture and stir with the round bladed knife	 5
6	A little at a time , add the milk and use a round bladed knife to mix into a soft slightly sticky dough ball. Stop when you can combine the mixture into a single ball. You may not need all of the milk. Keep contact to a minimum, do not knead the dough more than necessary.	 10
7	Lightly flour the worktop with the flour dredger. Gently pat the dough flat to about 2cm thick	 5
8	Using a 5cm pastry cutter, cut the dough into about 4 scones and place them onto the baking paper and tray. Try not to twist the cutter as you cut out the scones. Add flour to the cutter if scones are sticking to it	 5
9	Bake in the oven for 10 minutes or until golden brown	 10
10	Safely store your finished practical. Wash and tidy up	 10