

is a traditional scone dough. It uses the technique of 'rubbing in' that we looked at in chapter 6, where you mix fat into flour; this technique is the basis of many traditional pastries. You can use the scone dough to make a variety of plain, fruit and savoury scones, which are always delicious, especially when they are taken out of the oven. Bake it whole as a bread, or damper to break up and eat with soup, or roll it flat for savoury pinwheels and mini pizzas.

Scone dough

60 grams butter
3 cups (375 grams) self-raising flour
¼ teaspoon salt
1 cup (250 mL) milk

- 1 Place the flour into a large mixing bowl with the salt.
- 2 Cut the butter into small cubes and add them to the bowl. Coat the butter with the flour.
- 3 Rub the butter into the flour using your fingertips. Each time you feel a lump of butter, flatten it with your fingertips, then let it go. The flour mixture will have taken on a little of the yellowy butter colour and should look a little coarser, a bit like breadcrumbs.
- 4 Make a well in the middle of the mixture, then pour most of the milk inside. Stir the milk into the flour. A butter knife or metal spatula are better tools for this than a wooden spoon.
- 5 As the mixture thickens it will form a ball of dough around your stirring implement. If the mix is still a little dry, that is, there is still dry flour that won't mix in, then add the rest of the milk. Using your hands is a good way to gather the dough into a ball.
- 6 As soon as you can pick up the ball of dough in your hands, take it out of the bowl and place it on a lightly floured bench. Only knead it gently; this is already a lovely soft dough for rolling. If you want the dough to rise, for example, if you are making scones, the less you handle it the better. The dough will rise to approximately double the size from its flattened form, so go easy with the rolling pin.

PLAIN SCONES

Gently roll out the dough with a rolling pin. Cut it into 10–12 squares, or use a scone cutter if you want them round. Brush the tops with milk and bake the scones at 220°C for 10–12 minutes, or until golden.



CHEESE SCONES

During step 1, add ¼ teaspoon of pepper, ¼ teaspoon of mustard powder and ⅔ cup (80 grams) of grated tasty cheese. You can also turn this mixture into a damper: gently flatten it into a round shape, mark into 8 wedges with a sharp knife and bake at 180°C for 25 minutes, or until golden.

FRUIT SCONES

At the end of step 3, add ½ cup (90 grams) of any dried fruit, plus 1 tablespoon of caster sugar.