

Fruit Scones



How to:

1. Ask your child to wash their hands before cooking
2. Encourage your child to help you gather together the utensils and ingredients you will need to make the Fruit Scones (see below)
3. Pre-heat the oven to 220 C/425 F/Gas 7
4. Weigh out the butter and cut into smaller chunks
5. Put the flour and butter into a bowl. Invite your child to carefully rub the butter into the flour with their hands. Continue until the mixture looks like breadcrumbs
6. Add the sugar and fruit and mix them into the flour with a spoon
7. Pour the milk into the bowl and mix it all together with a table knife until the mixture starts to come together in a ball
8. Lightly flour your worktop or board and turn the ball of mixture out of the bowl onto the floured surface
9. Ask your child to roll it out with a lightly floured rolling pin, to about 2.5 cm thick
10. Your child can now use a round cookie cutter to cut out circles until you have 8 scones
11. Place the scones on the baking tray
12. Help your child to pour a little milk into a cup. Brush the milk lightly on the top of the scones with a pastry brush
13. Bake the scones in your pre-heated oven for around 25 minutes

Adaptations:

- You could add a variety of flavourings to your scones instead of sugar and fruit: cheese, onion, herbs, marmite, marmalade or glace cherries
- You could make a large scone instead of smaller ones. Flatten your ball of mixture with your hands until it is a circle about 3 cm thick. Place it on your baking tray and mark it into 8 segments with your knife (like a pizza). Brush with milk and bake for around 25 minutes

Utensils:

- Bowl
- Baking tray
- Dessert spoon
- Pastry brush
- Table knife
- Rolling pin
- Cup
- Round cookie cutter

Ingredients:

- 50g butter
- 225g Self raising flour
- 120ml milk
- 25g caster sugar
- 125g sultanas/any dried fruit
- A little extra milk



Top Tip

For a sweet shiny glaze, brush some honey or marmalade onto the top of your scones instead of the milk before cooking