



buttermilk scone

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 1/2 cup (190 g) plain white flour - 1/2 cup (60 g) plain wholemeal flour - 2 tbsp (25 g) fine-grain sugar of your choice (I used Rapadura) - 2 1/2 tsp baking powder - 1/4 tsp bicarbonate of soda - 1/2 tsp sea salt - 6 tbsp (85g) unsalted butter - 2/3 cup (160 - 170 ml) buttermilk - 1 tsp milk

Instructions

Please don't balk, I ate the freshly-baked scones for breakfast today with yogurt and strawberry purée. And they are based on an American biscuit recipe from Betty Crocker. Clotted cream and strawberry jam would be nice too for a more traditional Devon approach. - Preheat oven to 220° and place a parchment paper-lined tray in the oven. - Sift into a large bowl the flour, sugar, baking powder, bicarbonate of soda and sea salt. Add any bran that has been sifted out back. - Cut the butter into large pieces and add to the bowl. Rub the butter into the flour mixture, or use a pastry cutter to cut it in until the mixture resembles small peas. - Make a well in the centre and stir in enough buttermilk with a fork until it forms a soft but not sticky dough. - Gather together the dough and knead very lightly on a floured board. - Pat the dough out until 2.5 cm thick, fold in half, and pat out again until 2.5 thick. Using a small 4-cm cutter, stamp out as many rounds as you can. - Gather together the scraps and repeat. Makes around 12 to 16 scones, depending on how efficient you are with the gathering and stamping. - Brush tops with milk and place on preheated tray. Bake for 10 to 12 minutes until tops are very light brown.