

A RECIPE FROM CARLA NEGGERS...

SCONES

Ingredients

3 c all-purpose flour

1 tbsp baking powder

1/4 tsp salt

1/4 sugar (less or more to taste)

3/4 c butter, cut into small pieces

1 egg, beaten

1 c whole milk

For glaze (optional)

1 egg, beaten with 1/4 tsp water

Directions

Preheat oven to 400°F (200°C). Grease a baking sheet with butter and dust lightly with flour.

Combine dry ingredients in a large bowl. Using your hands or a pastry cutter, mix butter pieces into flour until it resembles a coarse meal.

Mix beaten egg and milk together in a small bowl.

Make a small well in the butter-flour mixture and add the egg-milk mixture. Stir gently until just moist. Do not overmix.

Turn dough onto a lightly floured surface and knead just until the dough holds together. Pat dough (don't roll with a pin) into a circle about one-inch thick. Cut into 8 triangles and place on the baking sheet. (An alternative is to cut the dough with a two-inch biscuit cutter.)

Brush the scones with egg-water mixture prior to baking (optional).

Bake for 15 minutes or until golden brown.

Serve scones with clotted cream and jam or marmalade of your choice.