

Cheese Scones

(makes 8)

Ingredients:

175g self raising flour

Pinch of pepper

1 x 2.5ml spoon mustard powder

40g reduced fat margarine

75g reduced fat grated cheese [or **choose a filling from below**]

1 medium egg

30 ml semi-skimmed milk



Equipment: mixing bowl, scales, knife, baking tray, cheese grater, measuring jug, scone cutter, pastry brush, sieve, rolling pin

Method: Preheat the oven to 220°C, Gas mark 7, lightly grease the baking tray

1. Sieve the flour into the bowl, add the pepper, rub in the margarine to resemble fine breadcrumbs.
2. Stir in the cheese, reserving some cheese for the top of the scones.
3. Add the egg & milk, (reserving a little to brush on the scones) mix to a soft dough.
4. On a lightly floured surface, lightly knead the dough.
5. Roll out on a lightly floured surface to 1.5cm thick & cut out using the scone cutter.
6. Place the scones on the greased baking tray.
7. Brush the tops with the egg & milk, sprinkle with some cheese.
8. Bake in the oven for 10-15 minutes until cooked & golden brown.

Total Cost: £1.10

Cost per scone: 14p

Scones can be made using finely chopped onions, parmesan cheese, olives, red pepper, herbs, diced & sauteed leeks, sesame seeds, poppy seeds

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Total Cost:

