

Apple and Cinnamon Scones

woop woop!
it's scone time!



Shopping list

375g self-raising flour
65g unsalted butter,
diced and fridge cold
65g caster sugar
½ Braeburn apple
150ml milk
Squeeze of lemon juice
1 pinch of cinnamon



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Method

Make the scones

- 1 The first thing you need to do is to sour the milk with the lemon juice. The reason we are souring the milk is to help the chemical reaction with the baking powder that is in the flour giving you a much better lift thus giving you a lighter scone.
- 2 Pre-heat the oven to 180°C.
- 3 Grate the ½ apple including the skin.
- 4 Sift the flour and the cinnamon together into a large bowl.
- 5 Carefully rub in the cold diced butter.
- 6 Add the sugar and the grated apple.
- 7 Add the soured milk to the mixture and knead lightly.
- 8 Tip out onto a floured surface and roll to a thickness of 4-5 cm.
- 9 Use a crinkled cutter and cut your scones to the size you require. Put on a non-stick baking sheet. I find that if you bunch them relatively close together you get a better lift. Brush with milk and cook for about 10-16 minutes depending on size.

well done on your
fab cooking skills!

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