

## NUTRITION: Lazza's Kitchen

### Scones

**Lazza is still trying out new recipes  
Today - he bakes some Scones for the first ever time**

**It is believed that historically scones were round and flat, as large as a medium-sized plate.  
British scones are often lightly sweetened, but may also be savoury.  
Varieties of scone may contain or be topped with combinations of cheese, onion, bacon, etc.  
Scones can be presented with various toppings, typically butter, jam and cream.**



Not a lot of ingredients.  
I decided not to add any fillings

7oz / 200g Self-Raising Flour  
1oz / 30g Caster Sugar  
2oz / 60g Unsalted Butter (chilled/cubed)  
2 Eggs  
2 tablespoons of Milk

1. Preheat the oven to 200C
2. In a large mixing bowl, combine the flour and sugar.
3. Add the butter and, using your fingers, work them all in together.
4. Once a crumb consistency, make a well in the centre and add one egg, plus the milk.
5. Mix it all in together with your hands until it combines to form a dough. Try not to overwork it.
6. On a surface dusted in flour, put the dough down and, using a rolling pin, roll it out to a 2cm thickness.
7. Cut out rounds using a cutter.
8. Bring the offcuts together, and do it again, until you cannot get any more (should be around 8-10)
9. Place them on the baking tray. Brush the top with egg wash and bake for 10-12 minutes, until risen.
10. Cool, and serve as you wish. Clotted cream and jam sounds nice.

Yes, it is a fairly simple recipe but, like last week's Fairy Cakes, do they have to be complicated for us to try them out? I had never made Scones, even as a kiddie.



**Another successful bake of  
something I had never tried  
before, and they came out  
tasting fantastic.**

**Give them a try.**

**During this pandemic I decided to try a new hobby - cooking.  
Something I have never really experimented with. And it is going so well.  
Why not try out some new recipes and foods yourself?  
This was a great and tasty bake to prepare.**