



Apple & Cinnamon Scones

Sarah's servings: 6, Sarah's skill: Easy, Baking time: 12–14 mins

Ingredients

2 Eating Apples eg Golden Delicious
1 Lemon
75ml Milk
230g Self Raising Flour
1 tsp Baking Powder
40g Unsalted Cubed Cold Butter
40g Caster Sugar
1/4 tsp Ground Cinnamon
1 Large Egg

Method

- Preheat the oven to 220 degrees centigrade (200 Fan) Gas Mark 7.
- Line a baking tray with baking parchment.
- Prepare the apples by peeling, coring and cutting into 1/2cm cubes. Place in a small bowl then coat in the juice of half the lemon to stop them going brown.
- Next make the buttermilk by mixing the juice of the other half of the lemon with the milk and mix - after a few minutes it will look curdled and is ready to use.
- In a large bowl weigh out the self-raising flour, baking powder and butter.
- Rub the butter into the flour until you have a texture of fine breadcrumbs.
- Add the caster sugar, ground cinnamon and prepared apples and mix.
- Add the egg and 3/4 of the buttermilk into the dry ingredients and bring together with a knife.
- Using your hands bring the dough together until it forms a smooth slightly sticky dough. Only add more buttermilk if it is dry.
- Tip the dough onto a lightly floured bench and roll out gently or flatten with your hands to about 2cm/ 3/4inch thick then cut out 6 scones with a 6 cm round cutter.
- Place the scones on the lined baking tray and brush with milk or any buttermilk that is left.
- Bake for 12-14 minutes until golden brown.