



Cheese Scones

Check out the
Persona Activity Hub for the how to video
or the Persona Care and Support YouTube channel



Ingredients

4 oz Self Raising Flour

¼ teaspoon salt

½ oz butter

2 oz cheddar cheese, grated

½ egg

75 ml milk, with a little bit more to glaze the tops

½ teaspoon baking powder



Method

1. Preheat oven to 220 C and line a baking tray with greaseproof.
2. Sift flour and salt into a mixing bowl.
3. Rub in the butter until you have the consistency of breadcrumbs.
4. Stir in the grated cheddar.
5. Break the egg into a measuring jug and then top this up to make 75ml with milk.
6. Stir this into the dry mix (I like to use a knife) until a stiff dough is formed.
7. Roll or pat this dough out on a lightly floured surface until 1-2 inches thick.
8. Cut out scones with cutter.
9. Place onto the baking trays and brush with milk to get a nice golden crust.
10. Bake for 15 mins til golden on top.
11. Cool on a cooling rack.
12. Serve split open with butter. Yummy !!!



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Ingredients

Baking tray



Greaseproof paper



Weighing scales



Sieve



Mixing bowl



Teaspoon



Cheese grater



Measuring jug



Table knife



Scone cutters



Pastry brush



Cooling rack

