

Gluten free scones

Afternoon tea is an English tradition, so why not indulge a little!

Afternoon tea should contain sliced sandwiches, a scone with jam and small cakes.

This is a recipe for plain scones.



Ingredients

- 250g of gluten-free self-raising flour
- 50g of olive oil based spread
- 50g of castor sugar
- 1 pinch of salt
- 40ml of milk
- 1 egg
- 1 egg to use for an egg wash and sugar for the coating of the scone.

Method

Preheat oven to gas 6, 220°C

Weigh out the flour and add the olive oil based spread, sugar and salt to the bowl

Rub the margarine into the flour until you have a small crumb

Add the egg and milk and bring the mix together – remember the more work you put into this the better the mix will stay together; it really is not like working with wheat flour!

Roll out to a 1.5 cm thickness and cut out scones.

Wash with egg and sprinkle with sugar and bake in an oven for 15-20 minutes

You could add a teaspoon of gluten-free baking powder to increase the rise of the scone if you like.