



## AFTERNOON TEA SCONES

Preheat the oven to 220°C/425°F. Line a flat baking tray with baking paper.

### What you Need:

115g rice flour

115g of our everyday flour mix

4 level tsp of gf baking powder

1 ½ level tsp guar gum

50g caster sugar

Pinch of salt

75g unsalted butter, cubed

1 egg, beaten

200ml buttermilk OR

100ml milk and 100ml natural plain yoghurt

### To Make:

Sift the flours, salt, baking powder and guar gum into a large bowl. Add the butter and rub it carefully through the flour with your fingertips until the mixture is like fine breadcrumbs. Add the sugar and stir through. Or alternatively, pulse in a food processor then tip into a bowl. Make a well in the centre.

Stir the buttermilk into the crumb mixture. Using a round bladed knife gently mix to a soft dough. With floured hands tip the dough onto a lightly floured surface. Very gently bring the dough together into a circle shape. Carefully roll the dough to 3cm thickness. Using a fluted 5cm cutter (approx.) press out 6-8 scones, re-rolling as necessary. Dip the cutter into flour before cutting out each scone. This helps the scones to rise evenly as well as giving them a clean cut.

Place the scones on the prepared tray spacing them a little apart. Brush with beaten egg. Bake in the middle of the oven for 15-18 minutes (ovens will vary) until risen and golden brown on top. Cool for 5-10 minutes before serving.

**Tip:** These scones freeze well. Handle the dough gently for light, fluffy scones.

Serve plain with butter or with your favourite jam. Even better is to eat them with cream and jam making them the perfect addition to any High Tea.