



THE LAB

Eight pages of things to make and do



Bake cheese scones

Try this recipe for a yummy winter warmer.

What you need

- 225g self-raising flour
- Pinch of salt
- 1tsp baking powder
- 55g chilled butter
- 120g grated mature cheddar cheese
- 100ml milk

- Sieve
- Bowl
- Knife
- Rolling pin
- Circle cutter
- Baking paper
- Deep baking tray
- Pastry/basting brush

Instructions

- 1** Preheat the oven to 200°C. Sift the flour, salt and baking powder into a bowl and mix.
- 2** Chop the butter into cubes and rub it into the flour mixture until it resembles fine breadcrumbs.
- 3** Sprinkle 100g of the cheese into the mixture and rub together until it is all mixed in.
- 4** Make a well in the centre of the mixture and slowly add some of the milk until the mixture forms a soft but fairly firm dough. You may not need all of the milk.
- 5** Roll out the dough until it's 2cm thick. Cut out scones with a cutter and place onto a lined baking tray.
- 6** Brush the scones with milk and sprinkle the remaining cheese on top. Place into the oven for 15–20 mins or until they are golden. Leave to cool slightly before eating.



How does it work?

To make scones fluffy, you need to get as much air as possible into the dough. Sifting the dry ingredients adds air to the mixture and makes the scones lighter. Baking powder is a mix of bicarbonate of soda and cream of tartar. When these ingredients get wet, they combine and a chemical reaction occurs. This produces bubbles of carbon dioxide and these make the scones rise. Using a deep baking tray stops too much moisture from escaping during cooking, which keeps the scones nice and soft and scrummy!

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