

# Martha's Traditional Scones

## Ingredients:

**20 minutes  
to heaven!**

3 cups self-raising flour

Plain flour, just for dusting

3 oz (80g or 2/3 stick) butter, chilled and cubed

1 to 1¼ cups milk

Jam, to your taste

Whipped cream

## To prepare:

Pre-heat your oven to 200°C / 390°F



Take a large bowl and sift the self-raising flour into it.

In the centre of the flour, dig out a small well with your fingers. Add 1 cup of milk into the well. Using a flat-bladed knife, mix the flour and milk until a soft dough is formed; if needed, add a little more milk. Tip the dough out onto a large surface, lightly dusted with flour. Knead the mix gently until it is smooth. Refrain from over-kneading to prevent your scones becoming tough.

Use plain flour to lightly dust a baking tray.

Gently pat down the dough until it forms a round shape about 1 inch (2 cm) thick.

Cut out 12 scones using a 2 inch (5 cm) diameter round cutter. Press the remaining dough together and cut out another 4 scones.

Place the scones onto the prepared baking tray, ½ inch (1cm) apart.

Sprinkle a little plain flour on the top of the scones. Put into oven and bake for 20 to 25 minutes or until golden and well risen. Transfer scones onto a wire rack. Serve warm with jam and cream.