

IDL FOR WEEKS BEGINNING

Tuesday 19th May and Monday 25th May.

- Choose a recipe and with an adult prepare your dish.
- Discuss what **ingredients** you need and what **utensils** you will need to use.
- Discuss the **terminology** – **weighing**, **measuring**, **kneading**, **chopping**, **baking** and **grilling**.
- Which if any of the above methods have you used?
- Discuss how you can **stay safe** in the kitchen, especially using utensils and being near an oven.
- What have you made?
- **Be sure and help tidy up!!**

Here's a recipe for scones to get you started (We know that flour is hard to get at the moment so don't worry if you can't manage this.)

Ingredients

- 450g/1lb self-raising flour
- 2 level tsp baking powder
- 50g/1³/₄oz caster sugar
- 100g/3¹/₂oz butter, softened, cut into pieces
- 2 free-range eggs
- a little milk
- handful sultanas (optional)



Method

1. Preheat the oven to 220C/200C Fan/Gas 7. Lightly grease two baking trays.
2. Put the flour, baking powder and sugar in a large bowl. Add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs.
3. Crack the eggs into a measuring jug, then add enough milk to make the total liquid 300ml/10fl oz. Stir the egg and milk into the flour – you may not need it all – and mix to a soft, sticky dough.
4. Turn out onto a lightly floured work surface, knead lightly and work in the sultanas, if using. Roll out to a rectangle about 2cm/³/₄in thick.
5. Cut into as many rounds as possible with a fluted 5cm/2in cutter and place them on the prepared baking trays. Brush the tops of the scones with a little extra milk, or any egg and milk left in the jug.
6. Bake for 12–15 minutes, or until the scones are well risen and a pale, golden-brown colour. Lift onto a wire rack to cool. Eat as fresh as possible.
7. To serve, split the scones and serve with strawberry jam on the plain scones along with a good dollop of clotted cream.

Be sure to tweet us a picture of the finished product!