

**YEAR 6 SUMMER TERM    Best Ever Scones** makes about 10

***How do you say it? Scone like John or Scone like Joan? PTO\****

The secret of scone making is a light touch – the less you work the mixture the lighter it will be.

**Equipment**

Scales  
Plate  
mixing bowl  
Sieve  
Measuring jug  
Fork  
Palette knife or ordinary knife  
Rolling pin  
5-6cm Cutters  
Pastry brush  
Baking tray

**Ingredients**

250g plain flour, sieved ONCE onto plate  
2tsp baking powder  
75g butter, cubed  
2 tbs caster sugar  
1 egg, beaten  
90ml full cream milk plus extra for brushing

**Method**

1. Preheat the oven to 220°C/Gas mark 6. Lightly grease a baking tray.
2. Sieve the flour again (it should be sieved twice), baking powder and a pinch of salt in a large mixing bowl.
3. Rub in the butter using your fingertips until the mixture looks like breadcrumbs.
4. Stir in the sugar.
5. Using the knife to stir, mix in the egg then the milk until a firm dough is made. **DON'T KNEAD IT!**
6. Immediately turn out onto a floured board. **GENTLY** pat the dough into a circle 2cm thick. Give one or two **GENTLE** presses with a rolling pin. **DON'T PRESS DOWN OR YOU WILL SQUASH THE AIR OUT.**
7. Cut out the scones using 5-6cm cutter. For the best rise, don't twist the cutter.
8. Put onto the baking tray and then brush the tops with milk.
9. Bake for 12-15mins until risen and light golden brown.

**Eat with butter, jam , whipped cream or all three!**

**CHEESE SCONES** – don't add the sugar. Instead stir in 100g grated cheddar before adding the egg and milk.

**FRUIT SCONES** – add 60g sultanas or raisins before adding the egg and milk.

## AFTERNOON TEA

Tea drinking started in China and then came to England in the 1650's where it quickly became more popular than ale as the national drink.

It wasn't until Victorian times that Afternoon tea became popular. The Victorians traditionally had huge breakfasts and dinner but not much in between. Anna, the Duchess of Bedford, found that she would get a little bored and hungry mid afternoon so she would invite some friends around for tea and cakes. The fashion soon caught on with the upper classes.

There were soon Tea Gardens – which were outside, usually with an orchestra playing. There were also tea rooms, with large hotels like The Ritz being popular places to be seen. Tea dances also became popular with young men and women meeting up as a social occasion.

Lyons Tea Rooms were popular with the working class for a cup of tea and cake. The waitresses there were called 'nippies' due to their speedy service!

**\*A recent survey found that 66% English and 99% Scottish used 'Scone like John' pronunciation. The rest used 'Scone like Joan' .**