



Speltz drop scones

Soft, fluffy and simple to make, and the speltz flour adds a nutty, slightly sweet taste. The gluten in speltz is easier to digest than wheat gluten, so it can be helpful if you have gut sensitivities.

Spelt drop scones

Ingredients

75g self-raising flour
75g white spelt flour
1tbsp golden caster sugar
1 large egg
1tsp vanilla extract
150ml whole milk
25g unsalted butter

Preparation time: 10 minutes
Cooking time: 15 minutes
Serves: 12

Method

Sift the flours and caster sugar and mix well. Make a well in the centre. Add the egg, vanilla extract and milk and whisk well to combine.

Melt the butter in a small frying pan over a medium heat and swirl it around the pan.

For each drop scone, spoon 2 tablespoons of batter into the pan; they will spread to about 4cm in diameter. Space them well apart so they aren't touching.

As soon as bubbles appear on the surface of the batter, flip over the drop scones and cook for another 1-2 minutes until golden underneath.

Repeat until all the remaining batter is used. Clean the pan with a paper towel in between batches and add more butter as needed.



Scones

Bake these for a more traditional tea. Use buttermilk instead of whole milk for a lighter texture.

Scones

Ingredients

350g self-raising flour
1 level teaspoon baking powder
75g caster sugar
Pinch of salt
125g unsalted butter
50g raisins, plumped in hot water
for 5 minutes (optional)
100-115ml whole milk or buttermilk
1 egg, beaten

Preparation time: 15 minutes
Cooking time: 10-15 minutes
Serves: 12

Method

Preheat the oven to 190°C. Grease two baking trays.

Sift the flour, baking powder, sugar and salt into a large mixing bowl and whisk to mix well.

Rub the butter into the flour, working as quickly and lightly as possible with very cold hands (or use a pastry cutter; you want to handle the dough as little as possible). The mixture should be a sand colour with all the butter evenly distributed (no lumps). Add the raisins.

Add enough milk to give a soft, bread-like dough; it should be wet enough to all come together but you don't want it to be too sticky. Mix using a knife at first and then use your hands to bring the mixture together but don't knead it.

On a floured board, roll out the dough to a thickness of 2.5cm. Cut into 12 rounds with a 6cm cutter.

Place the scones on the prepared trays, brush with the beaten egg and bake for 15-20 minutes until lightly golden and well risen.

Remove from the oven and lift on to a wire rack to cool.



Strawberry jam

A classic combination with scones, of course, but a pot of homemade jam also makes a lovely gift when you're visiting someone.

Strawberry jam

Ingredients

2kg fresh strawberries,
washed and hulled
1tsp lemon juice
1.75kg granulated sugar

Preparation time: 10 minutes
Cooking time: 40-60 minutes
Serves: 8-10 jars

Method

Place the strawberries into a heavy-based saucepan. Add the lemon juice and simmer for 30 minutes until the fruit is soft.

Lower the heat, add the sugar and stir until dissolved.

Increase the heat again and boil until the jam reaches the setting point, 105°C on a sugar thermometer. If you don't have a sugar thermometer, put a side plate in the freezer for 15 minutes. After 10 minutes of cooking, take your jam off the heat, put a spoonful of jam on to the plate, leave for a few seconds, then push your finger through it – the jam should wrinkle, and not flood in to fill the gap. If the jam isn't ready, return to the heat; it could take up to 30 minutes to reach the setting point.

Cool for 15 minutes, stir well to distribute the fruit and pour into hot sterilized jars and cover.

The jam will keep in the fridge for six months.