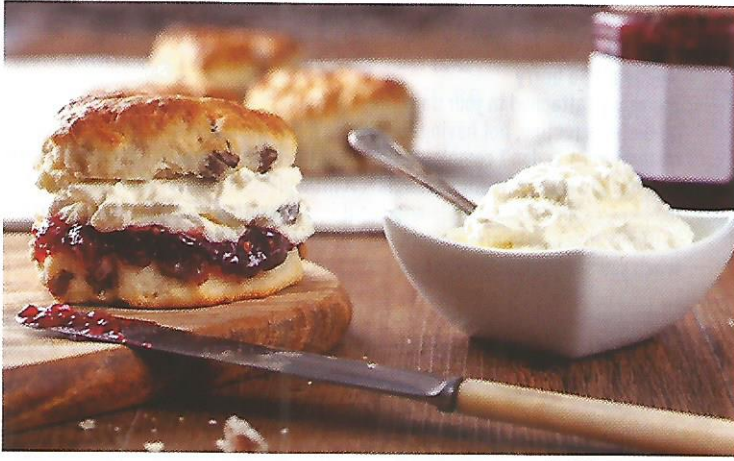




Scones

If you've visited Britain, you can't have missed these iconic,

typical 'cakes' that you can find on every teashop's menu. They look like bread buns but they're a cross between sweet and savoury. They're made of wheat or oatmeal and sometimes have dried fruit in them or sometimes even cheese. But let's find out more about scones, an integral part of afternoon tea.



First of all, let's discover how to make them:

Ingredients

- 150g butter
- 475g flour
- 90g sugar
- 2 teaspoons baking powder
- a pinch of salt
- milk

How to make them

- preheat the oven to 185°celsius
- grease a baking tray
- mix the sugar, flour and baking powder in a bowl
- cut the butter into small pieces and using the fingers, gently rub the ingredients together until they become like breadcrumbs
- add enough milk to make a soft dough*

- roll out the dough. It needs to be about 3.5cm thick
- cut the dough into circles of about 6cm each
- put them on a tray and bake for 15-20 minutes
- serve them warm with strawberry jam and cream

Scones served with strawberry jam and cream are typical of the cream tea, a light meal served in the afternoon together with a cup of tea, and some small sandwiches and cakes. Very British! This tradition probably dates back to Queen Victoria, who used to love scones and ate them regularly at 5 o'clock together with a cup of tea.

But where do scones originate from? Scones are traditionally connected to England, Scotland and Ireland but nobody knows which country invented them. However, the first written record of a scone was in a Scottish poem called 'The Aenaid' written in 1513. The word was then added to the Oxford dictionary in the same year.

The actual name of the scone is thought to originate from the Gaelic word 'sgonn' which means a piece of dough that has been cooked

Did you know...?

The biggest scone in the world is 141.8 kg and was baked in Belfast, in Northern Ireland on 22nd November 2017.

for a few minutes or the Dutch word 'schoonbrot' which means fine or beautiful bread.

There is some debate as to how the word 'scone' is actually pronounced. In Scotland and North England the word is pronounced as "skawn" or "skahn", while in Southern England it's pronounced "skoan" or "skown". How would you pronounce it?

Scone lovers claim* that they're best eaten hot from the oven with melted* butter or with strawberry jam and cream. However, some people like to make scones with sweeter fillings such as chocolate, nuts or berries. Some people though, prefer savoury fillings such as smoked salmon or ham and cheese.

What would you put inside your scones?

DO YOU KNOW...?

Scones are usually an integral part of 'afternoon tea' a light meal eaten late afternoon. It originated in the 1840s among the wealthy* people in Britain. It consists of a cup of tea and some small sandwiches but what kind?

- a) Tomato sandwiches
- b) Cucumber sandwiches
- c) Jam sandwiches

The answer is on page 15.

* Glossary

claim: state that something is true

dough: a thick mixture of flour and liquid used for baking into bread or cakes

melted: when something solid becomes liquid usually at high temperatures

wealthy: rich