

Scones (6-8 scones; 35 min)

For the preparation

290g plain flour
60g wholewheat flour
50g golden caster sugar

1 tsp salt
2 tsp baking powder
½ tsp bicarbonate of soda
2 heaped tsp cinnamon (optional)

80g butter or spreadable butter in small pieces
85g sultanas (optional)

Mix together the dry ingredients (except the sultanas) so the spices and raising agents are evenly distributed.

Rub the butter into the flour mix, then add the sultanas if using them.

For the assembly

160ml milk + 2 tsp (unconcentrated) lemon juice OR 170ml buttermilk
1 tsp vanilla extract (optional)

sprinkle of flour

Turn a fan oven to 215C and pop 2 baking trays in to heat (grease it beforehand if you're not using baking paper).

Warm the milk slightly in the microwave (about 20 sec) and add the vanilla extract & lemon.

Make a couple of furrows in the dry mix, and pour in the milk. Fold the liquid in gently to make a dough. Collect the dough and crumbs and even out the wetness with a few more folds – knead as little as possible. The dough should be fairly wet, but add a spoonful of flour if the mixture is too wet or sticky to handle.

Flour the worktop and flatten the dough onto it in a lump about 3cm thick.

Trim the edges with a sharp knife and cut into pieces. Reshape the scraps into a bonus lump :)

Place on the baking tray (with baking paper if using it), spacing them out as they do spread a bit. Put them in the oven and cook for 15-18 min, turning it down to 205C after the first 5 min.