



Cheese scones

Ingredients, (2 Portions):

- Self-raising flour, 84g/3¼oz
- Low fat soya spread, 25g/1oz
- Pepper, to taste
- Mustard, 5ml/1tsp
- Grated cheese, 43g/1¾oz
- Fresh egg, 1
- Fresh milk, To make sponge

Method:

1. read the **entire recipe** first then check, weigh and prepare **all of the ingredients above**.
2. **carefully**, measure the flour into a mixing bowl. Now add the seasoning, soya spread and mustard.
3. rub the ingredients together using your **fingertips**. Once a **crumble stage** has been reached, add, **almost all**, the grated cheese and mix **thoroughly**. Then add the egg and, again, mix **thoroughly**.
4. now **slowly** add the milk, a little at a time, until a **spongy texture** has been reached.
5. **lightly dust** a work-surface with flour and turn out your mixture onto this. Using the palm of your hand, gently flatten the mixture until it is an **inch thick and even**.
6. place onto a **lightly greased** tray or a tray with **silicone paper** on it and **sprinkle** with the remainder of the cheese.
7. place into a **pre-heated** oven on **210°c** for up to **10 minutes** until **golden brown** on top.
8. **carefully** remove from the oven and allow to **cool down**.