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2017



HIGH TEA *with*

BETHANY FINN

MAYFLOWER RESTAURANT & BAR, MAYFAIR HOTEL

Scones with jam and cream

Prep time 15 mins, cook 15 mins
(plus resting, cooling)

Makes 12

- 80 ml ($\frac{1}{2}$ cup) vegetable oil,
plus extra for greasing
- 1 egg
- 375 ml ($1\frac{1}{2}$ cups) milk
- 120 gm ($\frac{1}{2}$ cup) sour cream, lightly
whisked (see note)
- 600 gm (4 cups) self-raising flour,
plus extra for dusting
- 1 tbspcaster sugar
- Jam and double cream, to serve

1 Grease a large oven tray with oil. Whisk oil, egg, milk and sour cream in a bowl to combine. Sift flour, sugar and 1 tsp salt into a separate bowl, then add egg mixture and fold until just combined (this will be a wetter scone mix than usual). Turn out onto a floured surface, dust top with flour and pat gently into a 3cm-thick rectangle about 18cm x 23cm. Cut out 12 rounds with a 5.5cm-diameter floured scone cutter, cleaning and flouring the cutter for each. Transfer scones to prepared tray, leaving about 1cm between each, and set aside at room temperature to rest (30 minutes). Meanwhile, preheat oven to 220C (240C convection).

2 Bake scones until risen and golden brown (12-15 minutes). When cool enough to handle, serve with jam and double cream.

Note Use $\frac{1}{2}$ cup thickened cream or $\frac{1}{2}$ cup buttermilk as an alternative to sour cream.

MY NOTES