



SCONES

This Scottish quick bread is said to have taken its name from the Stone of Destiny (or Scone), the place where Scottish kings were once crowned. The original triangular-shaped scone was made with oats and griddle-baked. Today's versions are more often flour-based and baked in the oven. They come in various shapes including triangles, rounds, squares and diamonds.

The names scone and bannock are applied rather loosely. In modern usage the bannock is a large round scone, about the circumference of a meat-plate, which is baked on the griddle. When the bannock is cut into sections before being fired, or when the dough is cut into small rounds, you have scones.

~~~~~  
8 oz. (225 g) plain flour  
3 teaspoons of baking powder  
2 oz. (50 g) butter  
A pinch of salt  
5 fl oz (140 ml) of cream  
1 egg, lightly beaten

Preheat oven to 450°F.

Sift the dry ingredients into a bowl together, and then rub in the butter.

Make a well in the middle and pour in the cream and beaten egg; mix until it comes together in a soft, pliable dough.

Turn out onto a lightly floured surface and knead very lightly until smooth.

Roll or press the dough out to a half-inch thickness, cut into rounds, or leave as one large scone-cake or bannock, and dust with flour, or brush with milk or beaten egg.

Bake for about 12 minutes.

Makes 8 scones

## MCDUGALL COTTAGE

**(519) 624-8250**

89 Grand Avenue South, Cambridge, ON, N1S 2L7