

ELIZABETH

MEATYARD

EXCLUSIVE RECIPES, QUICK, EASY, DELICIOUS...



Russian Scones



Just imagine, an english afternoon tea with Russian scones. This wonderful scone recipe was given to me by my very good friend Kat. It is an old family favourite which her mother Mrs Krestovnikoff has kindly allowed me to pass on to you. They are delicious and the secret is in the amount of baking powder – eight teaspoons. You can almost see them rise even before you get them into the oven, so be quick!

Heat oven to 180c

Rub together the flour, salt, baking powder, caster sugar and butter.

Then make a well and beat in the already beaten egg, adding enough milk to make a dough.

Just pat out the dough to a flat about 1 inch thick and cut out between 12 and 14 scones.

Brush with milk arrange on a baking tray covered with baking parchment and bake in the oven for between 12-15 minutes until golden brown. Turn out onto a wire rack to cool.

Finally cut in half add a dollop of cream and strawberry conserve and enjoy with a cup of tea.

YOU WILL NEED:

1lb plain flour

8 tsp baking powder

pinch of salt

2oz caster sugar

4 oz butter

2 medium eggs

half pint milk (or just under)

Cream clotted

Strawberry conserve

Elizabeth Meatyard writes exclusively every month for LIVING WITHIN, sharing recipes that you can cook and eat, day in, day out.

When she's not writing, Elizabeth runs a catering company, From Me To You, based in Surrey.