



PROJECT FOOD

An appetite for health

DROP SCONES



Prep Time: 5 Minutes
Cooking Time: 2-3 Minutes

METHOD:

1. Sift the flour into a bowl and make a well in the centre.
2. Drop the egg into the well and add the milk and melted butter (if using), stirring the mixture quickly and lightly with a wooden spoon until it resembles thick cream. Add the sultanas, if using, to the mixture.
3. Heat a little oil in a frying pan (see overleaf for kitchen roll method) on a medium heat.
4. Drop 4 tbsp of mixture into the pan to make 4 drop scones.
5. Cook for about 2-3 minutes (watch for the bubbles rising to the top), then turn over and cook the other side until golden brown.
6. Place on a clean tea towel/kitchen roll on a cooling rack until ready to serve.
7. Re-heat a little more oil as before then repeat the procedure.
8. Serve with some fruit compote, Greek yoghurt or just on their own.

YOU WILL NEED

Ingredients:

- 125g/4.5oz self-raising flour
- 1 egg, beaten
- 150ml/5fl oz milk
- A little oil for greasing

Optional:

- 25g/1oz melted butter
- 2 oz sultanas



www.ledleisure.co.uk

led