

Scones with Plum Compote

NOTES TO STUDENTS AND VOLUNTEERS:

- Your focus is on accurate measuring and the rubbing in method of cooking.
- Work in pairs and divide the ingredients between the two groups.
- Be careful when placing the scones in the oven.

Equipment

- Large mixing bowl
- Sifter
- Round-bladed knife
- Measuring jug
- Measuring cups and spoons
- Chopping board
- 5cm round cutter
- Pastry brush
- Baking tray and baking paper
- Clean tea towel
- Cake cooler
- Small saucepan
- Small knife
- Serving platters

Ingredients

- 3 cups self-raising flour
- Pinch salt
- 1 tablespoon caster sugar
- 80g chilled butter, cubed
- 250mls (1 cup) milk
- Extra milk, for brushing

Plum Compote

- Small basket of Plums
- $\frac{1}{4}$ cup caster sugar
- $\frac{1}{4}$ cup water

What to do

- Preheat oven to 230°C. Line baking tray with baking paper.
- Collect all utensils.
- Collect and measure all ingredients.
- Cut the butter into cubes.
- Sift self-raising flour, salt and sugar in a large mixing bowl. Mix to combine.
- Rub in the butter with your fingertips until the mixture resembles fine breadcrumbs.
- Form a well into the centre and add the milk and stir with a round-bladed knife using a cutting motion until just combined.
- Lightly flour your hands and bring the mixture together to form soft dough.
- Turn onto a lightly floured surface and knead gently with your fingertips 4-5 times.
- Flatten with the palm of your hand to about 2cm thick and then cut the dough into rounds using a 5cm cutter. Do not twist the cutter when cutting as this will pinch the dough.
- Place the rounds about $\frac{1}{2}$ cm apart on the prepared baking tray and brush lightly with the extra milk.
- Dust with a little flour and bake in preheated oven for 10-12 minutes or until they're golden and sound hollow when tapped on the top.
- While scones are cooking make the plum compote. Wash the plums, slit in half with a small knife and place in a small saucepan with caster sugar and water. Cook on a medium - high heat, stir occasionally until the plums are soft and the mixture is thick. Allow to cool and then remove the stones from the compote using a teaspoon.
- Place in a clean tea towel on top of a wire cake cooler.
- Remove scones from oven and place the scones on the tea towel covered wire cake cooler and then cover the scones with a clean tea towel.
- Cut scones in half, spread with compote. Place on 4 serving platters.