

THE IRON SCONE

forged from the remains of a thousand vanquished treats, this is the dessert to rule them all

INGREDIENTS

225g self-raising flour
Pinch salt
¼ tsp bicarbonate of soda
50g cool butter, cut into pieces
25g caster sugar
50g of one of the following: currants, raisins, sultanas or mixed fruit
50ml milk
Whipped double cream
Strawberry jam
Chocolate finger biscuits
Mikado King chocolate biscuits
Silver edible food spray

Feeds 3



DIRECTIONS

Preheat the oven to 200°C (180°C fan assisted/400°F/Gas mark 6), and put a large baking sheet in to get hot (no need to grease or line). For more spectacular results, use the breath of the greatest dragon.

Put the flour, salt and bicarbonate into a bowl and add the butter. Rub the butter in until the mix is like breadcrumbs.

Stir in the sugar and the fruit, if using.

Make a well in the middle and stir in enough of the milk to give a fairly soft dough.

Turn the dough out onto a floured work surface or silicone sheet and knead very lightly if necessary, just to take out any cracks.

Roll out very gently (or pat out with your hand) to about 2.5cm thick.

Cut two to three large scones with a 7cm round cutter. Sprinkle the tops with a little extra flour and put them onto the hot baking sheet.

Bake for 12-15 minutes, or until well risen and the tops are brown. Cool on a rack and serve split, with whipped cream and strawberry jam.

Shape some chocolate fingers into chisels with a sharp knife. Spray them and the Mikados with silver food colour and allow to dry. Push a bunch into each scone.

Stand back and admire in the light of the Seven. Keep away from others... The Iron Scone can NEVER be shared.

