

PUMPKIN SCONES

Gluten & Dairy containing, Moderate Salicylate

Makes ~12

Ingredients:

¼ cup castor sugar
50g butter (softened is best)
1 egg
250g pumpkin, precooked, mashed and cooled
2 ½ cups self-raising flour, sifted
~ ¼ cup milk
Extra flour for kneading
5cm round cutter (the rim of a small drinking cup will work)

Method:

Ahead of making the scones, precook the pumpkin, mash it and cool it to at least room temperature.

Preheat the oven to fan forced 180° C

Grease a biscuit/cookie tray and sprinkle the tray lightly with flour



- Beat the butter and the sugar in a small bowl with an electric beater until the mixture is light and fluffy
- Add the egg and beat well
- Transfer mixture to a larger bowl
- Mix in the pumpkin until combined
- Then gradually stir in the sifted flour alternatively with small amounts of milk until you have a soft, sticky dough.
- Turn the dough out onto a kneading surface that has been sprinkled with about 2 tablespoons of self-raising flour.
- Knead gently until the mixture is smooth
- Press the dough out until it is about 2 cm thick
- Cut scone rounds out from the dough and place them up against each other on the biscuit tray. Place 4 in a row touching each other and then start a new row in front of them so they all just touch each other. Continue with another row as you cut the scones
- With a pastry brush, brush the top of the scones with a little milk
- Bake on fan forced for 20 minutes
- When you take them from the oven use a spatula to ease them from the tray as one group
- Transfer them to a tea-towel placed over a cooling rack. Cover the scones with the tea towel and let them cool.
- Serve with butter