

Scones

This activity involves the use of a wood stove. All equipment will be set up in advance. (The wood fire will be lit.)

Procedure:

Invite class into the kitchen. Don flour bag aprons. Wash hands – (hygiene is critical in handling food).

Ingredients:

3 oz wheat	1 tbsp currants	water
3 oz flour	water	
Pinch of salt		

Method:

1. Weigh wheat, grind and place in bowl
2. Weigh flour, sieve and add to wheat in bowl
3. Add salt
4. Add currants
5. Add water a little at a time
6. Mix/knead until smooth
7. Roll out to finger thickness
8. Cut out with cutter - approximately 10 scones
9. Place on griddle
10. Bake approximately 10 minutes, turning once.

