

Scones

Hmmm, that light, crusty outside-fluffy inside teatime treat – with homemade jam and freshly whipped cream.

I rarely eat scones in a coffee shop – I've had too many disappointments. Too hard, too dry – or sins of sins, jam and butter presented in little vacuum-packed plastic containers.

When I do find a coffee shop that presents a scone in (according to me) the right way, I treasure it.

But why not just bake it myself? I have tried. Numerous times over the years! They didn't rise, they were hard ...

And then I heard about this miracle recipe from Frik – on an Afrikaans radio station, 'Radio Sonder Grense' (www.rsg.co.za) – and it says – 'don't need to handle with care'.

I tried it – but I misread the recipe – it said 4 cups –1000 ml – and then I used 1000 GRAM self-raising flour. I quickly realised something was wrong, too much flour for the liquid – so I quickly added more soda and more 'Orley Whip' cream I had in the fridge – and voila! A triumph! And yes, the jam is homemade – by myself – in the microwave! Look out for the recipe in this 'Recipe Tryouts' section.



Scone recipe – Frik – www.rsg.co.za

4 cups self-raising flour
pinch of salt
250 ml pouring cream
250 ml Sprite
1 egg, beaten

Mix everything together with your hands to form sticky dough. Roll the dough on flour and using a glass, press out forms.

Put on baking tray, brush with egg and bake till ready at 180 oC for 8-10 min or till light brown.