

Traditional Irish White Scones (courtesy of Avoca Café Cookbook)

Ingredients

- 1lb/450g self-raising flour
- A pinch of baking powder
- A generous pinch of salt
- 2oz/50g caster sugar
- 4oz/110g unsalted butter, diced
- 1 egg, lightly beaten
- 2fl oz/50ml double cream
- 7fl oz/200ml milk (you may need a little more)
- 2 oz/50 g raisins (optional)
- 1 egg beaten with 1 tablespoon water, to glaze

Makes 8-12

To make:

Sift the flour, baking powder and salt into a bowl and stir in the sugar. Using your fingertips, lightly work in the butter until the mixture resembles breadcrumbs. At this point, you can add the raisins if you choose to include them. Add the egg, cream and enough milk to moisten. Mix well until it has a soft doughy texture – but it shouldn't be too moist.

Gather the dough into a ball and turn it out onto a floured surface, then roll lightly with a rolling pin to 1 inch/2.5cm thick. Cut out with a round cutter, transfer to a greased baking sheet and brush the tops with the egg glaze. Bake in the oven preheated to 350F/180c/Gas mark 4 for 15-20 minutes or until well browned.