



Scones

- 8 oz. plain flour
- 1 level teaspoon bicarbonate of soda
- 2 level teaspoons cream of tartar
- 1/2 level teaspoon salt
- 1/2 to 1 oz. fat or margarine
- Milk and water to mix (approx. 1/4 pint)

Sift the flour, soda, cream of tartar and salt together and rub in the fat. Mix to a soft dough with the milk and water, turn onto a floured board and roll out quickly to about 1/2 inch thick.

Stamp into rounds, or cut into triangles, place on a floured baking sheet and bake at once in a very hot oven for 8-10 minutes.

If liked the scones can be glazed by brushing over with a little milk before cooking.

Variations

- Sweet** Add 1/2 to 1 oz sugar and, if liked, 1oz dried fruit to the basic mixture after rubbing in the fat.
- Cheese** Add a pinch of pepper and a pinch of dry mustard to the dry ingredients and use only 1/2 oz fat. Add 1 1/2 oz grated cheese after rubbing in the fat.
- Lemon** Add the grated rind of 2 lemons to the dry ingredients and 1 oz sugar after rubbing in the fat.
- Wholemeal** Use 4 oz plain flour and 4 oz wholemeal flour instead of 8 oz plain flour.

The Ministry of Food created 42 information booklets and leaflets between 1943 and 1950 to show households how to make the most of their food rations.



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