

No Butter Cheese Scones

Adapted from Chelsea Sugar Recipe

Ingredients

2 cups self raising flour
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon sugar
1/4 cup chopped herbs or vegetables (optional) e.g. spring onions, chives, onion, olives, spinach
pinch cayenne pepper or chilli powder (optional)
2 cups grated cheese e.g. tasty or other strong cheeses are good for this, or use a mixture of what you've got
1 cup milk (full cream is nice but any will do)

Method

Preheat oven to 220°C. Put baking tray in to heat - the tray needs to be hot before you put the scones on it to bake.

Sift flour, baking powder, salt, sugar, herbs/vegetables and cayenne pepper/chilli into a big bowl. Mix in cheese.

Make a well in the centre. Add the milk, mix quickly with a knife.

Turn out onto a floured bench or board and quickly shape into a 3 cm thick rectangle.

Shape into 8-10 'mounds' depending on the size you want or use a round or square cookie/pastry cutter, and put scones onto your hot tray.

Bake for 15-20 minutes or until golden.

These scones freeze really well. To reheat put them into an oven for about 5 minutes.