

Sage & Onion Scones – Makes 6-7 scones

Ingredients

1 tablespoon cooking oil

1 onion, finely chopped

250g Juvella Low Protein Mix

2 teaspoons baking powder

50g butter

1 teaspoon dried sage

¼ teaspoon salt

Pinch of black pepper

Approx. 175ml low protein milk

Oven temperature: 200°C/400°F/Gas Mark 6

Method

1. Heat the oil in a small pan, add the onion and fry over a moderate heat for 2-3 minutes until tender.
2. Combine the Juvella Low Protein Mix and baking powder in a large bowl and rub in the butter until a breadcrumb texture is achieved. Add the dried sage, salt, pepper and onion, mixing with a fork to distribute through the crumbs.
3. Stir in sufficient low protein milk to give a soft but not sticky dough.
4. Roll out the dough to 2.5cm/1" thickness on a surface lightly dusted with Juvella Low Protein Mix. Cut into rounds using a plain 6cm cutter or glass. Reroll and cut the remaining dough to give 6-7 scones.
5. Place the scones on a greased baking tray and bake in a preheated oven for 10-15 minutes until well risen and lightly browned.
6. The scones may be served hot or cold, with butter and jam.

This recipe is provided by Juvella