

Fate Fruit Scones

Ingredients

200g Fate Low Protein All-Purpose Mix

50g butter or block margarine

A pinch salt

30g caster sugar

1 teaspoon baking powder

100g mixed dried fruit

150ml water

Extra Fate All-Purpose Mix to shape



Method

1. Preheat the oven to Gas Mark 7/220°C/425°F.
2. Place the Fate Low Protein All-Purpose Mix into a bowl.
3. Rub in the butter or margarine. Stir in the salt, sugar, baking powder and dried fruit.
4. Add all the water and stir well, using a metal spoon, for about 30 seconds. The mixture will be very soft, but leave it for about 2-3 minutes and it will thicken.
5. Turn the mixture onto a work surface lightly dusted with Fate All-Purpose mix. You do not have to knead the mixture at all. Just dip your hands in a little extra Fate All-Purpose Mix, and gently pat the scone mixture into a piece about 3-4cm thick. Do not pat the mixture out too thinly.
6. Cut into 6 rough squares or use a biscuit cutter and cut into 6 rounds. Place onto a greased baking tray, and bake for about 12-15 minutes until risen and golden brown. Cool on a wire rack.

Fate Plain Scones

Ingredients

200g Fate Low Protein All-Purpose Mix

50g butter or block margarine

A pinch salt

50g caster sugar

1 teaspoon baking powder

120ml water



Method

1. Preheat the oven Gas Mark 7/220°C/425°F.
2. Follow the method for Fate Fruit Scones, but use the ingredients above (omitting the dried fruit, and using different quantities for sugar and water as stated above).
3. Shape and bake as for Fate Fruit Scones. This recipe will make 5 plain scones.

These recipes were provided by Fate Special Foods