



# Olive's Kitchen

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## Scones –Butter, buttermilk, lemonade, cream, coconut milk

After experimenting with scones to find a simple method that gives a nice, light result, I settled on this recipe. It uses just four ingredients and can be thrown together very quickly.

Most recipes use some butter, which is rubbed into the flour with your fingertips. However, it does make the preparation messier and more time consuming and I wasn't finding it gave the light scone that I was after. Thus, I was aiming to omit butter in the mixture, however, you can pile plenty of it on the end product when you go to eat it!

Most recipes also use self-raising flour. Some add extra baking powder, as we do here. Some recipes used other raising agents, such as lemonade or soda water. See below for a lemonade scone recipe.

And recipes might use milk, cream, sour cream or buttermilk. Many add a dash of salt.

This recipe uses buttermilk as it provides some features of butter and other creams, and gives it a distinctive taste. You can use some wholemeal flour, but the scones are heavier.

Don't overwork the dough as the gluten can become activated and give a tough result.

Inspiration also came from Beverley Sutherland Smith (no butter, but using milk and cream/sour cream), Adam Liaw (no butter but cream and lemonade/soda water) and Jill Dupleix (with butter and buttermilk). Below there is a lovely recipe from the Cobb & Co Museum in Toowoomba, and an interesting one using coconut milk from my sister.

If using butter, Jill Dupleix gives this tip: You know you're rubbing the butter into the flour properly when the floury mess stops at the first knuckles of your hand.

## Robin's Buttermilk Scones – Quickest to make

The first recipe, using no butter, can easily be increased in volume: for up to 20 scones, use 600g (4 cups) flour and 600ml buttermilk plus slightly extra baking powder and salt. If you wanted a sweet scone, add a tablespoon of icing sugar. Vary the recipe with wholemeal flour or a mixture. Add flavourings like sultanas or chopped dates. Or make a savoury version with grated cheese, or chopped chives or herbs.

### Ingredients (for 12 to 15 scones)

- 450g (3 cups) self-raising flour
- 1 good tsp baking powder
- ¼ tsp salt
- 450ml buttermilk

### Method

Preheat oven to 200°C fan-forced. Place baking paper on baking tray.

Work with a large mixing bowl. Combine flour, baking powder and salt.

Shake the container of buttermilk or give a good stir. Pour the quantity into the centre of the flour and use a spatula to gently combine. It will take a minute or two of folding to form a slightly sticky dough. There will be some dry bits but don't try too hard to get these incorporated; add them in when you flatten the dough. If the dough is really sticky add more flour to firm it up.

Flour your bench and your hands and turn the dough out. Shape and gently flatten to about 2 cm thick. Cut the scones into 12 to 15 pieces. If you want nicely shaped, even-sized scones, or round ones, cut them out and make extra from the trimmings.

Place the scones on the baking paper, and have them touching in places. If you have some leftover buttermilk use a tablespoon or so to smear the tops of the scones.

Bake for 10-12 minutes until lightly puffed, and firm, rather than doughy.

Remove from oven, allow to cool a little. Serve warm with butter, jam, cream, maple syrup, etc. Or even vegemite. They can be reheated gently in the microwave. Freeze excess scones.

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## Buttermilk scones - Jill Dupleix

<https://www.goodfood.com.au/recipes/buttermilk-scones-20200331-h1n1du>

Time: < 30 mins, Makes: 9 to 12. Difficulty Easy

Jill Dupleix writes: Surprisingly fast and easy to make, scones are country cooking at its finest. Just 10 minutes in the oven, and you have a batch of simple, golden, puffy scones, ready to slather with butter or cream and jam.

But these actually do take a little time. Don't try to use a food processor – you will create more washing up than you want. Practically all scone recipes call for rubbing the butter in with your fingers – so just do it, and don't worry about the mess and the dough that builds up on your shirt sleeves. You can double this recipe but make sure you have a large tray to put them on. Place the scones so they just touch each other at a point, but not flush with their sides.

### Ingredients

- 450g (3 cups) self-raising flour
- 1 tbsp icing sugar
- 1 tsp baking powder
- ½ tsp salt
- 60g cold butter, diced
- 1 egg, beaten
- 250ml (1 cup) buttermilk

### Method

1. Preheat oven to 220C (200C fan-forced). Line a baking tray with baking paper and set aside.
2. Sift the flour, icing sugar, baking powder and salt into a large bowl. Make a well in the centre, add the cold butter to the well, and lightly rub the butter into the flour between your thumbs and fingertips until it is no longer bitsy, lifting the mixture above the bowl to get air into it.
3. In a small bowl or jug, whisk the egg into the buttermilk, and set aside 1, perhaps 2, tbsps for glazing. Pour the remaining mixture into the flour, mixing lightly with a spatula until a soft, slightly sticky dough just comes together. Turn onto a floured bench. Flour your hands and form the dough into a rough ball, then gently press out to a 2cm layer.
4. Flour the inside of a 6cm-wide pastry cutter, and cut out as many scones as you can, arranging them quite close together on the lined tray. Bring the offcuts together, press out again and cut out remaining scones – you should get about 12 in total. (But maybe only 9.)
5. Brush the tops with the reserved buttermilk mixture and bake for 10-12 minutes (possible 12 to 15 minutes) until puffed, golden and firm when pressed in the middle.
6. Remove from oven and wrap in a clean tea towel to keep warm. Serve with butter or jam and cream.

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## Lemonade Scones from Cobb and Co Café, Toowoomba

At the end of April, 2021, we visited the excellent Cobb and Co Museum in Toowoomba. They had fantastic scones and the chef gave us her recipe.

Here is their recipe and after that Adam Liaw's recipe.

### Ingredients:

- 4 cups SR flour
- 2 cups thickened cream (35% fat)
- 1x 300ml can diet lemonade

### Method:

Follow your standard scone recipe. Preheat oven to 200°C fan-forced. Place baking paper on baking tray.

Combine all three ingredients and work together until only just combined, but do not overwork.

Flour your bench, turn the dough out, flatten etc. Cut the scones into 12 to 15 pieces.

Bake for 10-12 minutes until lightly puffed, and firm, rather than doughy.

Adam Liaw's lemonade scone recipe:

<https://www.goodfood.com.au/recipes/lp-scones-20191101-h1jb8t>



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## Jan's Sour Cream and Coconut Milk Scones but no butter

My sister, Jan, concocted this recipe in August, 2021 – just using up whatever she had on hand.

Use the previous recipes given above to Here is their recipe and after that Adam Liaw's recipe.

### Ingredients:

- 4 cups SR flour
- (optional) pinch baking powder
- ¼ cup caster sugar
- ½ cup dried currants
- (optional) one lemon – grated zest and juice
- 300 ml sour cream (35% fat, not lite)
- 170 ml coconut cream
- (optional) one tbsp olive oil
- 150 to 250 ml lemonade or equivalent (diet; soda water) (or use 1 tsp baking powder and water)

### Method:

Follow your standard scone recipe. Preheat oven to 200°C fan-forced. Place baking paper on baking tray.

Combine the dry ingredients and lemon (if using). Work in the sour cream and coconut milk (and oil if using) work together until only just combined, but do not overwork.

Flour your bench, turn the dough out, flatten etc. Cut the scones into 12 to 15 pieces.

Bake for 10-12 minutes until lightly puffed, and firm, rather than doughy.

