

TASTE WITHOUT WASTE

Nectarine & White Chocolate Spelt Scones

Makes roughly 8 scones.

Ingredients

200g spelt flour, plus extra for rolling
2 tbsp granulated sugar
2 tspn baking powder
1/4 teaspoon bicarbonate of soda
1/4 teaspoon salt
45g unsalted butter, chilled & cut into small dice
120g (1/2 cup) plain yoghurt
1 tsp vanilla essence
1 tbsp milk powder (optional)
Up to 1/4 cup milk, plus extra for brushing on top
180g nectarines (1-2), cut into 1-2cm dice and tossed with 1 tbsp spelt flour
40g (2 tbsp) white chocolate chips/chopped white chocolate

Method

Preheat oven to 180C. Grease and line a large baking pan with baking paper.

In a large bowl whisk together the flour, sugar, baking powder, bicarb soda and salt. Lightly rub the cubes of butter in, using your fingertips, until almost incorporated (lumps slightly smaller than pea size are okay.)

In a separate smaller bowl, whisk together the yoghurt, vanilla essence and milk powder.

Tip the yoghurt mixture into the bowl of flour all in one go. Use a fork to lightly bring the two together, adding a little milk if necessary to form a just moist dough. Try to handle the dough as little as possible. Gently stir in the nectarine cubes and chocolate chips.

Turn the dough out onto a lightly floured board and pat into a 5cm high round. Cut out wedges, or use a circular cutter to make circles. If you use a cutter, be careful not to twist as cut through the dough – this impedes the rising process.

Transfer the wedges/rounds to your prepared baking tray, leaving a couple of centimeters between each piece.

Bake for 20-25 minutes or until risen and golden brown.

Set pan on a wire rack to cool for 5 minutes before removing the scones from the pan and setting on the wire rack to cool completely.

Serve warm or at room temperature with butter or jam if liked.

Source: Adapted from London Bakes

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