

Gluten Free Scones

340g gluten free self-raising flour

1 tsp gluten-free baking powder

1/4 tsp xanthan gum

85g butter (or hard margarine if dairy-free)

4 tbsp caster sugar (if desired)

175ml milk (dairy free if needed)

3 tsp lemon juice (needed to activate the gluten substitutes)

1 1/2 tsp vanilla extract (if desired)

1 egg (brush the tops with almond milk instead of egg if vegan)

Instructions

Preheat your oven to 220°C/200°C fan. Line a baking sheet with parchment/baking paper.

Place your gluten free self raising flour, baking powder and xanthan gum in a bowl. Chop your hard margarine / butter into cubes and add that to the flour. Rub it in with your fingers till it forms what looks like breadcrumbs.

Stir in your caster sugar if using.

Gently warm your milk (I pop it in the microwave for about 35 seconds, don't let it get really hot, just lukewarm). Then add your lemon juice and vanilla extract(if using). Put to one side to cool briefly.

Place your baking sheet in the oven whilst you make your scones. It helps that the baking sheet is hot when you place your scones on it.

Make a well in the middle of your dry mixture. Pour in milk and work it in using a metal spoon. Keep working it till it forms a dough (it might be a little sticky).

Flour work surface and your hands. Get the dough out of your bowl and fold it over a few times to bring the dough together. Then bring the dough into a rounded shape about 3.5–4.5cm (1½–1¾in) thick. The taller, the better!

Using a cutter push down into the dough and bring out your scones with the cutter. Push them out of the cutter and put to one side till you have used up all the dough (keep re-rounding the dough).

Brush the tops of the scones with beaten egg (or with an almond milk wash if you are egg free, or have followed this as a vegan recipe using dairy free milk and hard margarine).

Place the scones onto the hot baking sheet and pop them into the oven for about 12-15 minutes.