**Cheese Scones**

Cooking time:

Prep: 10 minutes

Cook: 13 minutes

Skill level:

Easy

Servings:

5 large scones

These foolproof cheese scones are made with basic from your kitchen cupboard and perfect when you’re crazing carbs.

Ingredients:

* 450g of self-raising flour
* 1 generous tsp. of baking powder
* 50g of butter
* 55g of grated cheddar cheese
* 1 medium egg
* 270ml milk

Method:

* Preheat the oven to 220C. Sift the flour and the baking powder into a bowl in order to allow air into the mixture. This is an important step.
* Rub in the butter until a breadcrumb like consistency is achieved. Cold, dry hands make this step easier.
* Grate the cheese. Stir most into the flour mixture but keep a little back for sprinkling on top of the scones.
* Crack the egg into a measuring jug and whisk lightly. Top the beaten egg up with milk until the mixture reaches the half-pint or 285ml mark. Whisk again to combine.
* Make a well in the centre of the dry ingredients and pour the majority of the egg mixture into the bowl, keeping back a little to brush the scones with before baking.
* Stir the mixture to combine and then knead very briefly, just enough to bring it together. Be careful not to overwork the dough.
* Roll out the dough quite thickly (1 1/2 inches) and cut out circles with a scone cutter or a glass. Don't twist as you cut or the scones will rise unevenly. Alternatively, you can cut the dough into traditional wedges.
* Place the scones on a baking tray. Glaze the tops with the egg and milk mixture then sprinkle a little cheese over each one.
* Put straight into the very hot oven and bake for around 13 minutes or until well risen and browned. Afterwards, cool on a rack for five minutes before eating warm with butter.