

Kitchen time—Tuesday 23rd Feb

Classic scones with jam & clotted cream recipe - BBC Good Food

Classic scones with jam & clotted cream

L Prep: 5 mins
Cook: 10 mins



Ingredients

350g self-raising flour, plus more for dusting

1 tsp baking powder

85g butter, cut into cubes

3 tbsp caster sugar

175ml milk

1 tsp vanilla extract

squeeze lemon juice (see tips below)

beaten egg, to glaze

jam and clotted cream, to serve

Method

- Step 1** Heat the oven to 220C/200C fan/gas 7. Tip the self-raising flour into a large bowl with $\frac{1}{4}$ tsp salt and the baking powder, then mix.
- Step 2** Add the butter, then rub in with your fingers until the mix looks like fine crumbs. Stir in the caster sugar.
- Step 3** Put the milk into a jug and heat in the microwave for about 30 secs until warm, but not hot. Add the vanilla extract and a squeeze of lemon juice, then set aside for a moment.
- Step 4** Put a baking tray in the oven. Make a well in the dry mix, then add the liquid and combine it quickly with a cutlery knife – it will seem pretty wet at first.
- Step 5** Scatter some flour onto the work surface and tip the dough out. Dredge the dough and your hands with a little more flour, then fold the dough over 2-3 times until it's a little smoother. Pat into a round about 4cm deep. Take a 5cm cutter (smooth-edged cutters tend to cut more cleanly, giving a better rise) and dip it into some flour. Plunge into the dough, then repeat until you have four scones. You may need to press what's left of the dough back into a round to cut out another four.
- Step 6** Brush the tops with a beaten egg, then carefully arrange on the hot baking tray. Bake for 10 mins until risen and golden on the top. Eat just warm or cold on the day of baking, generously topped with jam and clotted cream. If freezing, freeze once cool. Defrost, then put in a low oven (about 160C/140C fan/gas 3) for a few minutes to refresh.

Kitchen time—Thursday 25th Feb

Frozen banana lollies recipe - BBC Good Food

Frozen banana lollies



Prep: 10 mins

Cook: 5 mins

(plus freezing)



Easy



Serves 4



Ingredients

2 bananas

4 large strawberries

100g natural yogurt

200g dark chocolate

1 tbsp hundreds and thousands

You will also need:

4 wooden lolly sticks

Method

- Step 1** Peel the bananas and trim off the very ends if you'd like them neater. Then chop them each into 4 equal-sized chunks. Thread a strawberry onto each lolly stick first, then push on the pieces of banana.
- Step 2** When all your banana pops are made lay them on a baking tray and put in the freezer, uncovered, for 1 hr.
- Step 3** Put the yogurt into a tall glass or jug then dip each banana pop into the yogurt to coat (avoiding the strawberries), then place back onto the tray to refreeze until set.
- Step 4** Melt the chocolate in the microwave in 30 second bursts (stirring after each blast) then pour into a mug. Dip the end piece of each banana pop in the chocolate then sprinkle over the hundreds and thousands.
- Step 5** The chocolate should set pretty much instantaneously, but you can keep them in the freezer until you want to serve them for up to 1 week.