A large decorative graphic in the center of the slide. It features a white circle containing the title text. This circle is surrounded by a ring of blue brushstrokes. The brushstrokes are arranged in a circular pattern, with each stroke being a different shade of blue and having a textured, painterly appearance. The strokes are slightly offset from each other, creating a sense of depth and movement.

Baking Basics (Scones)

With **all of us** in mind.

IMPORTANT, PLEASE READ

These slides are *free* for anyone to look at and see some tips that might be helpful. If you would like to learn more, please book on to our workshop of the same name.

Whilst our face to face courses are not running the moment, you can still express your interest in attending the next available date by visiting our website www.wakefieldrecoverycollege.co.uk, clicking on the “**Enrol Now**” button and following the link to our “**Enrolment Form**”. As soon as our face to face courses are back on, we’ll be in touch to reserve your place at your preferred location. We’re also still here on the phone (01924 316946) and through email (wakefieldrecoverycollege@swyt.nhs.uk) if you would like to chat to us.

We can’t wait to see you soon, but in the meantime...

Stay home. Protect the NHS. Save Lives.



Thinking of you all, from
Your Recovery College Team.



With **all of us** in mind.



What we'll cover

- Kitchen safety and food hygiene
 - Equipment
 - Ingredients
 - How to bake scones!
- 
- 



With **all of us** in mind.



Kitchen safety and food hygiene

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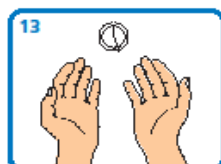
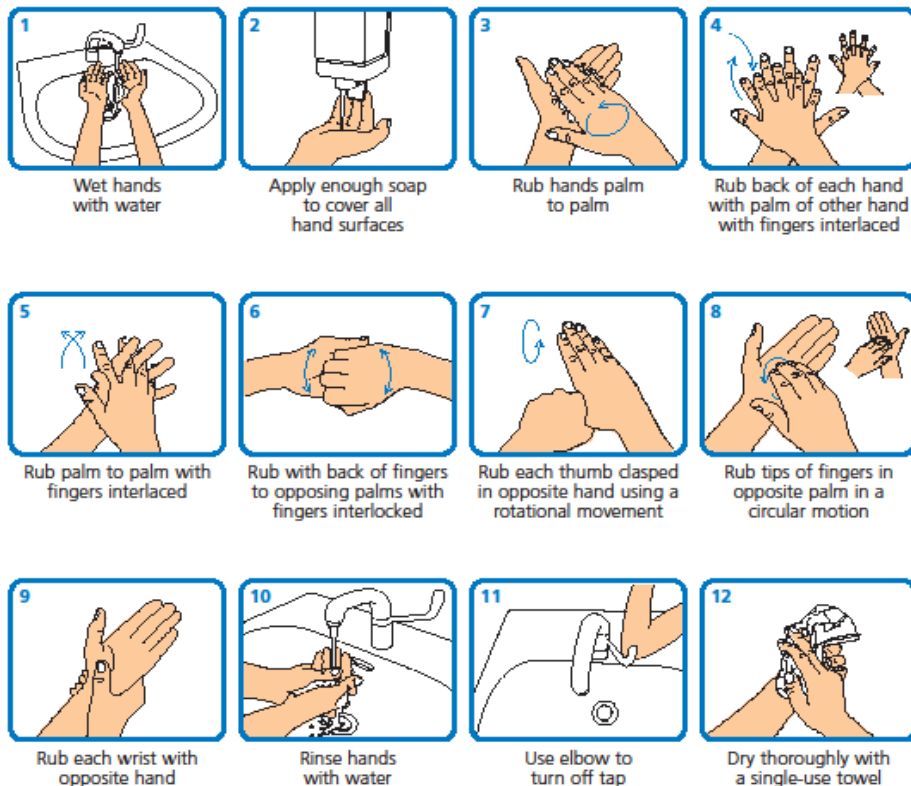
Hand-washing technique with soap and water



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The first rule of the kitchen...

Always wash your
hands thoroughly
before starting to
bake or cook.



Hand washing should take
15–30 seconds



With **all of us** in mind.

Basic kitchen hygiene & safety tips

Follow these for clean and safe baking at home...

- Always wash your hands regularly whilst baking.
- Wear an apron if you have one; do not wear this outside of the kitchen to minimise the chance of bringing germs in.
- Tie long hair back, take off jewellery, roll up any sleeves.
- Keep all work areas clean and tidy; wipe surfaces with anti-bacterial agent. Wipe all spillages up immediately and “clean as you go”.
- When washing up never put sharp instruments into sink to soak – risk of cutting!.
- Check that fridges are running between 0 and 5 degrees centigrade to prevent bacteria growth.



With **all of us** in mind.

Basic kitchen hygiene & safety tips

Follow these for clean and safe baking at home...

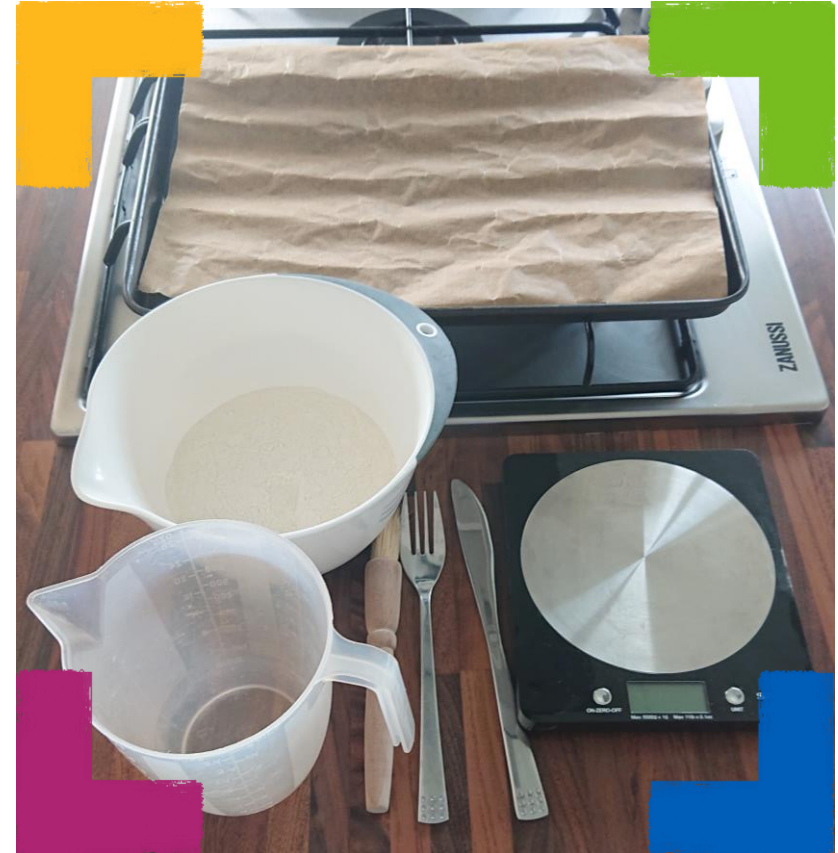
- Freezers should operate between -18 and -21 degrees centigrade.
- Temperature sensitive foods shouldn't be left out on the sides they should be held in fridge or hot holding cupboard until used.
- Never let raw meat poultry etc. come into contact with cooked meats; when storing in a fridge, raw meat should always be kept on the bottom shelf, cooked meat on the next shelf up, fruit and veg on next shelf and dairy on the top shelf.
- If cooking a hot meal, the core temperature must be above 75 degrees centigrade before serving and the hot holding temperature should not fall under 63 degrees centigrade.



Equipment

You'll need these pieces of equipment to make scones at home...

- Kitchen weighing scales
- A mixing bowl
- A measuring jug
- A baking tray (either greased with margarine/butter or with a sheet of greaseproof paper on)
- Dinner knife
- Fork
- Pastry bush



Ingredients

You'll need these food products to make scones at home...

- 225g (grams) Self-raising flour (plus some for dusting)
- 25g Caster sugar
- 50g Margarine or butter
- 50g a dried fruit (we've used sultanas)
- 1 medium egg, beaten & mixed with ↓
- Milk, enough to make $\frac{1}{4}$ pint



With **all of us** in mind.

How to bake scones!



With **all of us** in mind.

Step 1

Put the oven on

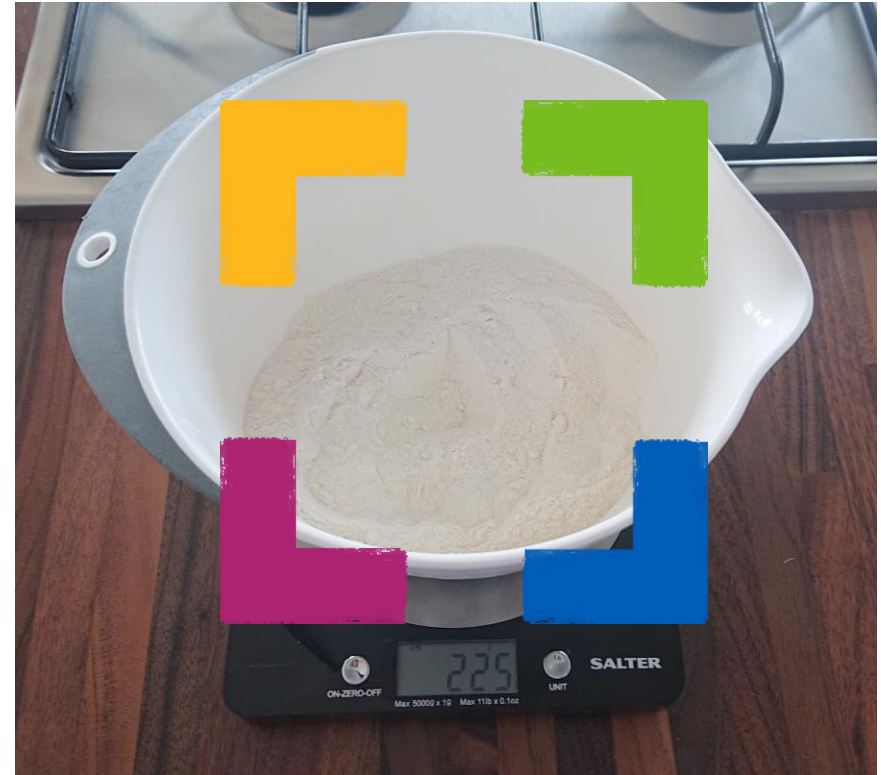
- The first thing you need to do when baking is put the oven on to pre-heat. This ensures the oven will be up to temperature when you put your scones in to bake and it will therefore cook more evenly and more safely.
- For our scones, please pop the oven on 220°C (200°C for a fan oven) or Gas Mark 7.



Step 2

Self-raising flour

- If you have digital scales, please make sure your scales are “on” and that the “unit” measure is set to grams (g). Place the bowl on the scales and re-set your scale to zero grams “0g”. If you have analogue scales, please make sure the scale is set to “0g” with the bowl on them, prior to weighing the flour.
- Weigh out 225g of your self-raising flour.



Step 3

Caster sugar

- Re-set your scales to zero grams “0g”.
- Carefully weigh out 25g of caster sugar in to your bowl. Be careful to pour this slowly as of sugar 25g isn’t much.
- Mix this in with your flour using either your hand or your knife.



Step 4

Margarine/Butter

- You can use butter if you prefer a richer taste, but it isn't necessary and you can easily use margarine as a cheaper option with scone.
- Re-set your scales to zero grams "0g".
- Carefully weigh out 50g of margarine in to your bowl. Be careful to only add small amounts at a time as 50g of margarine isn't much..



Step 5

Getting messy – mixing

- Using one hand only if possible (keeping the other hand clean to hold the bowl steady and for using to add your next ingredients), mix the ingredients together by rubbing it between your fingertips until it looks like breadcrumbs.
- For more instruction, watch the video on the next slide.





If this video clip does not start automatically, please click on the image. You will then see PLAY, FAST FORWARD, REWIND and VOLUME buttons at the bottom of the image. Please select PLAY to watch the video.

Step 6

Adding your fruit

- Re-set your scales to zero grams “0g”.
- Carefully weigh out 50g of your chosen fruit (raisins, sultanas, currants, or even chopped glace cherries or chopped dried apricots). If you like your scones filled with lots of fruit, you can add more than 50g if you wish; try 75g.
- Mix this in with your hand again.



Step 7

Egg and milk mixture

- Crack your egg in to your measuring jug, throw the egg shells in the rubbish bin and now wash your hands. It is very important to wash your hands after handling raw egg.
- Pour in enough milk to make the mixture up to $\frac{1}{4}$ pint of liquid.
- Beat the egg and milk together with a fork until it is fully mixed - see our little video [here](#)→.



If this video clip does not start automatically, please click on the image. You will then see PLAY, FAST FORWARD, REWIND and VOLUME buttons at the bottom of the image. Please select PLAY to watch the video.

With **all of us** in mind.

Step 8

Making the dough

- Add a little of the egg/milk mixture to your flour/sugar/butter/fruit mixture and mix in with your hand again. **BUT...BE CAREFUL WITH THIS ONE!**
- ***You can very easily add to much of the egg/milk mixture*** and then it becomes a sticky mess! Try adding a $\frac{1}{2}$ of the mixture first, then, once fully mixed in to your floury dough, add a little more of the egg/milk mixture at a time, little bit by little bit until you get a firm dough that's no longer crumbly. If you do add too much, add a little more flour at a time and mix this in (this is one of the reasons to keep a clean hand!).
- **You will not need all the egg/milk mixture you made in your dough.** Expect to leave about $\frac{1}{4}$ of it for something later on.
- There are some photos on the next slide of what it should all look like...



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2



3



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Step 9a

Cutting the dough

- Pop a little flour on the work surface (just a little bit – like it was dusted lightly with snow) and then put your dough on the floured surface.
- Gently, using your hands, pat the dough ball down until it is about an inch thick (a little smaller if you want to get more scones out of your dough).



Step 9b

Cutting the dough

- Cut the dough in to quarters (or in to six pieces if it is a little thinner) using your dinner knife. Be careful not to mark your work surface with the knife.

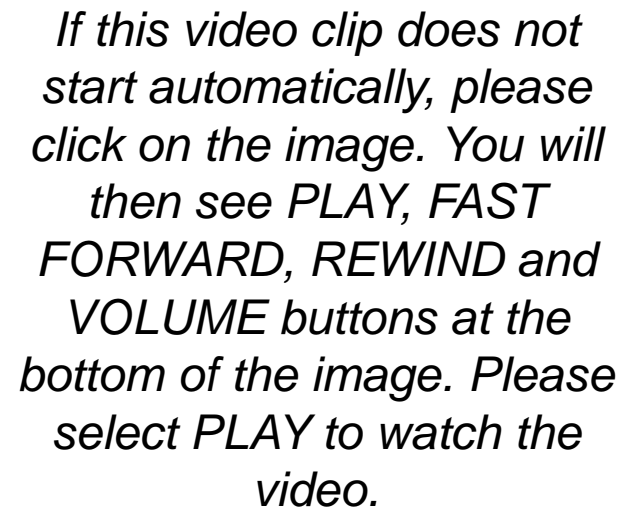


Step 10

Egg washing

- Pop your cut shapes on to your baking tray (either greased or on to the greaseproof paper). Make sure you leave enough room between each one so it can grow as it cooks.
- Dip your pastry brush in to your remaining egg/milk mixture (“egg wash”) and brush the tops and sides of each scone with the egg wash. This will make your scones lovely and golden when they are cooked.
- There’s a video on the next slide...





With **all of us** in mind.

Step 11

Baking your scones

- Wearing an oven glove, pop your baking tray of scones in the middle of your oven and bake for 15 minutes.
- After 15 minutes, your scones should be golden brown and baked. Yum! Wearing an oven glove, take your baking tray out of the oven and allow your scones to cool before smothering them in cream and jam – even more yum!





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Have you got any
questions?

Get in touch at:

01924 316946 &

[wakefieldrecoverycollege](https://www.wakefieldrecoverycollege@swyt.nhs.uk)

[@swyt.nhs.uk](https://www.wakefieldrecoverycollege@swyt.nhs.uk)

(we're still here!)



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