

VEGETABLE SCONES

Equipment needed –

Small knives, chopping boards, large bowl, grater, measuring cups, measuring jug, measuring spoons, baking trays, baking paper, salad spinner, scissors and cups.

Ingredients from the Garden –

- 2 eggs and milk to fill 2 cups
- 1 large onion
- 2 carrots
- 2 handfuls of parsley

Ingredients from the Pantry –

- 4 cups of self-raising flour
- 2 teaspoons baking powder
- 2 tablespoons of butter
- 120 grams of grated cheese
- Pinch of salt
- Pinch of cayenne pepper

What to do –

1. Preheat the oven to 220 degrees C. Line 3 baking trays with baking paper.
2. Peel and grate the carrots and set aside.
3. Finely dice the onion and set aside.
4. Wash, pick and finely chop the parsley using a cup and scissors.
5. Measure out the flour and baking powder into a large bowl. Add the butter and rub into the flour using your fingers.
6. Crack the eggs into a measuring jug and beat. Top up with milk until you reach the 2 cup measurement line.
7. Add the egg mixture in with the flour.
8. Add the cheese, vegetables, parsley salt and cayenne pepper. Mix until combined, but don't overmix.
9. Lay the dough out on a floured surface knead lightly to a 2-3cm high dough and then cut shapes out with a scone cutter. Arrange on the baking trays
10. Cook for 12-15 minutes. Transfer to 3 serving platters and serve.

Serves –

- 28 students.