

Gluten Free Sultana Scones

Food Foundations

Ingredients

- 2 ½ cup (375g) gluten free self-raising flour
- ½ teaspoon Salt
- 40g castor sugar
- 2 teaspoon xanthan gum
- 1 teaspoon bicarbonate of soda
- 20g butter, chopped
- 1 egg, lightly beaten
- 1 ½ cup buttermilk
- 100g sultanas

Serves: 10

Prep Time: 10 mins

Cook Time: 15 mins



Method

1. Preheat the oven to 180 °C and lightly grease an oven tray
2. Sift the flour, salt, sugar, gum and bicarb soda into a medium bowl then rub in the butter.
3. Add the egg and enough buttermilk and sultanas to make a soft sticky dough.
4. Turn dough onto a floured board and knead lightly until smooth.
5. Pat the dough to 2cm thickness then cut into rounds using 5.5cm cutter.
6. Place the scones on the tray, almost touching each other.
7. Allow the scones to rest for 5 minutes, then brush the tops with buttermilk.
8. Bake in the oven for 15 minutes or until brown.
9. Allow to cool before serving.

Recipe Notes:

Xanthan gum is used as a thickener in gluten free baking to keep the dough together and help bind the ingredients, making baking soft and light.

Food Group	Serves per portion
Vegetables	0
Fruit	0
Grain foods	1
Lean meat and alternatives	0.1
Milk, yoghurt, and cheese	0.2