

Cheese & Herb Scones

INGREDIENTS (makes 8)

200g self-raising flour
50g wholemeal self raising flour
½ teaspoon baking powder
50g polyunsaturated margarine
50g mature Cheddar cheese – grated
½ teaspoon mixed herbs
150ml semi skimmed milk
flour for rolling out



EQUIPMENT

mixing bowl, teaspoon, table knife
grater, flour dredger, baking tray

METHOD

1. Heat the oven to 200°C/Gas 6. Place the flour and baking powder into the mixing bowl. Add the margarine, 'cut' and rub it in until the mixture resembles breadcrumbs.
2. Add the cheese and herbs to the bowl. Mix them in with the table knife.
3. Make a 'well' in the centre of the mixture. Add 6-8 tablespoons of milk and mix with the knife to form a stiff, dryish dough. Add more milk, if needed.
4. Lightly flour the work surface. Knead the dough very lightly and press it out to form a circle of about 3cm thickness. Using a knife, cut the dough into 8 equal sized pieces and place them separately on floured baking tray.
5. Bake for 15 – 20 minutes until well-risen and golden-brown.

ALLERGY AWARENESS!

This recipe contains: cereals containing gluten, milk



Sgons Caws a Pherlysiau

INGREDIENTS (gwneud 8)

200g **blawd** codi
50g **blawd** codi gwenith cyflawn
½ llwy de-powdr codi
50g o **fargarin** aml-annirlawn
50g o **gaws** Cheddar aeddfed - wedi'i gratio
½ llwy de - perlysiau cymysg
150ml **llaeth** hanner sgim
blawd ar gyfer paratoi



EQUIPMENT

powlen gymysgu, llwy de, cylllell, gratiwr, ysgeintiwr blawd, hambwrdd pobi

DULL

1. Cynheswch y popty i 200°C/Nwy 6. Rhowch y blawd a'r powdwr codi i mewn i'r bowlen gymysgu. Ychwanegwch y margarin, torrwrch a rhwbiwch nes bod y gymysgedd yn debyg i friwsion bara.
2. Ychwanegwch y caws a'r perlysiau i'r bowlen. Cymysgwch nhw i mewn gyda'r gyllell fwrdd.
3. Gwnewch le yng nghanol y gymysgedd. Ychwanegwch 6-8 llwy fwrdd o laeth a chymysgwch gyda'r gyllell i ffurfio, toes sychlyd. Ychwanegwch fwy o laeth, os oes angen.
4. Rhowch ychydig o flawd ar yr arwyneb gwaith. Tylinwch y toes yn ysgafn iawn a gwasgwch allan i ffurfio cylch o tua 3cm o drwch. Gan ddefnyddio cylllell, torrwrch y toes yn 8 darn o faint gyfartal a'u gosod ar wahân ar dun pobi sydd â ychydug o flawd arno.
5. Pobwch am 15-20 munud nes eu bod wedi codi'n dda, ac yn liw euraidd.

YMWYBYDDIAETH ALERGEDD!

Mae'r rysâit hon yn cynnwys: grawnfwydydd sy'n cynnwys glwten, llaeth

