



**ITEM**

Scone (yeast based)

**YIELDS:**  
4 - 6 portions

**INGREDIENTS**

- 1 cup water, warm
- 1 teaspoon instant yeast
- 1 teaspoon sugar
- 2 cups all-purpose flour
- 1 teaspoon salt
- 1/2 cup All purpose flour, for dusting table.

**METHOD:**

1. In a stainless steel bowl, combine the water, yeast and sugar, let stand for 5 minutes, until foam forms on top.
2. Mix flour and salt in another bowl and place in a mound on a large clean surface, form a well in the center and add the yeast liquid.
3. Slowly work the flour into the yeast mixture until completely blended, form into a ball.
4. Knead ball of dough on a floured surface for 2 – 3 minutes
5. Place the dough in a lightly oiled bowl and cover with a clean damp cloth. Let the dough rest and rise for about 30 minutes in warm area. Using a bit of flour dust the table and your hands and cut the dough in four or six portions.
6. Flatten slightly and bake at 350° F for 10 – 12 minutes.
7. Serve with butter or jam.

Note: You could also oil the top of the scones before baking to get a darker color and garnish with fresh herbs for a savory scone.