



Traditional pumpkin scones



DIFFICULTY: EASY



PREPARATION TIME: 15
MINUTES



COOKING TIME: 20 MINUTES



SERVES: 4-6

Ingredients

300 g peeled, chopped Queensland blue pumpkin (alternatively Kent pumpkin)
2 cups SR flour
½ tsp baking powder
1 tbsp caster sugar
Pinch of salt
60 g butter, cubed
¼ tsp ground nutmeg
½ tsp ground cinnamon
Approx. ½ cup milk
Extra milk for brushing

Maple Butter

100 g unsalted butter
Pinch of salt
1 tbsp maple syrup

Queensland blue pumpkin was used for this recipes because of its colour and texture. Leave the sugar out when making savoury scones. Left over scones freeze well for 1 month.

Method

Place prepared pumpkin on the small perforated stainless steel tray and put in oven. Select Full Steam 100°C and cook for 10 minutes or until pumpkin is cooked. If a Full Steam oven is not available steam pumpkin on cooktop or microwave until cooked. Allow pumpkin to cool uncovered and then mash. Preheat oven on CircoTherm® to 200°C and line the universal enamel tray with baking paper.

Sift flour, baking powder, sugar, salt and spices into a bowl. Add the butter and rub into flour until the mixture resembles fine breadcrumbs. Make a well in the centre of the flour. Using a butter knife, add the mashed pumpkin and enough milk to make a sticky dough. Turn the dough out on to a floured surface and gently knead until smooth.

Roll out the dough until 2 cm thick. Using a 6 cm scone cutter, cut out scones and place on prepared tray. Gently reform leftover dough to make 12 scones in total. Brush tops of scones with extra milk. Bake the scones for 12 minutes or until golden.

While scones are baking, make the maple butter. Combine butter, salt and maple syrup in a small bowl and with a hand held electric beater mix until well combined. Place maple butter into a small serving dish and place in the refrigerator until required.

Serve warm scones spread with maple butter.

Notes