

# Squashed Fly Scones with Chia & Blueberry Jam and Cream



## Ingredients ▶

### For the scones ▶

- ▶ 250g self-raising flour
- ▶ 1 rounded tsp baking powder
- ▶ 40g butter
- ▶ 60g sugar
- ▶ 100g currants
- ▶ 1 large egg
- ▶ 100 ml whole milk

### For the jam ▶

- ▶ 300g blueberries
- ▶ 4 tbsp lemon juice
- ▶ 6 tbsp honey
- ▶ 6 tbsp chia seeds

### For the cream ▶

- ▶ 300ml double cream
- ▶ 1 tsp vanilla bean paste



Junior  
**BAKE OFF**

## Method ▶



- ▶ Preheat oven to 190C.
- ▶ Place flour and baking powder in a large bowl and rub the butter into the dry ingredients. Then add the sugar and currants.
- ▶ Whisk the milk and egg together and pour onto dry mix.
- ▶ Gently bring the mixture together, so it is now one piece of dough.
- ▶ Place the dough onto a work surface and flatten with your hands to the thickness of 2cm.
- ▶ Using a 4cm cutter, cut out 8 scones, (you will need to reshape the dough to get the full eight).
- ▶ Place the scones on a tray and lightly brush the top of each with milk and cook for 15-20 minutes. Once cooked, remove from the oven and place on a cooling rack.
- ▶ Meanwhile make jam by placing blueberries in a small saucepan over a medium heat, squash with fork and allow to heat up. Make sure you have a grown-up to help as the pan can get hot.
- ▶ When the blueberry mixture starts to bubble, add the lemon juice and honey and stir.
- ▶ Once it's combined, take off the heat and add the chia seeds, stir them in and allow to cool. The jam will begin to thicken quickly.
- ▶ Put the jam in jam jar and place in a fridge to set.
- ▶ To make the cream, whisk double cream and vanilla paste together to form soft peaks.
- ▶ Slice your scones in half and serve with your jam and cream.

