

# Cheese & Herb Scones

## INGREDIENTS (makes 8)

200g self-raising flour  
50g wholemeal self raising flour  
½ teaspoon baking powder  
50g butter or polyunsaturated margarine (not low fat)  
50g mature Cheddar cheese – grated  
½ teaspoon mixed herbs or dried oregano  
150ml semi skimmed milk  
flour for rolling out

## EQUIPMENT

mixing bowl  
weighing scales  
teaspoon  
table knife  
grater  
flour dredger  
baking tray – floured

## METHOD

1. Heat the oven to 220°C/Gas 8. Place the flour and baking powder into the mixing bowl. Add the butter or 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 10 - 15 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 fenyn neu fargarin aml-annirlawn (nid braster isel)  
50g o gaws Cheddar aeddfed - wedi'i gratio  
½ llwy de - perlysiau cymysg neu oregano sych  
150ml llaeth hanner sgim  
blawd ar gyfer paratoi

## OFFER

mixing bowl  
weighing scales  
teaspoon  
table knife  
grater  
flour dredger  
baking tray – floured

## DULL

1. Cynheswch y popty i 220°C. Nwy 8 Rhowch y blawd a'r powdwr codi i mewn i'r bowlen gymysgu. Ychwanegwch y menyn neu'r 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 cyllell, 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 10-15 munud nes eu bod wedi codi'n dda, ac yn liw euraidd.

## YMWYBYDDIAETH ALERGEDD!

Mae'r rysáit hon yn cynnwys: Grawnfwydydd sy'n cynnwys glwten, Llaeth

