



Comhairle Chontae na Gaillimhe
Galway County Council

Galway's Food Heritage



School's Contribution Sheet

My Name Rhys Mannion Age 11 School Belmont NS

Who gave me this
story/recipe Bride Aileen

Who are they (eg. Granny, Aunt, Uncle, Neighbour,
etc): Granny

Where are they from? Belmont

Parent/Guardian Signature: Sandra Mannion

Date: 20-Nov-2017

My Food Related Story/Recipe (please use additional pages)

wholemeal scones

ingredients	25 g butter or margarine
150 g plain flour	
1/2 tsp bread soda	25 g sugar (optional)
pinch of salt	
150 g wholemeal flour	150-200 ml buttermilk

To glaze: 1 egg, beaten
sesame seeds

Method

1. preheat the oven to 190°C / fan 170°C gas 5
1 - preheat a baking tray.
2. Sieve the plain flour, bread soda and a pinch of salt into a bowl. Add the wholemeal flour.
3. Rub in the butter or margarine, then stir the sugar.
4. Gradually add the buttermilk to make a stiff dough, stirring with a wooden spoon.
5. Turn onto a floured surface and knead lightly until smooth and elastic. Turn smooth

Draw



Picture

Roll up, press to 2cm in thickness and cut into scones using a small cutter.

6. Place on the greased tray. If glazing, brush with beaten egg and sprinkle with sesame seeds.

7. Bake for 15-20 minutes. Cool on a wire tray.

Serve warm butter.

ENJOY