

# Rudha Glas

## Hebridean Bed & Breakfast

### SCONES WITH CASHEW CREAM

#### INGREDIENTS (for 6-8 scones)

- 200ml soy milk
- 1 tsp cider vinegar
- 320g plain white flour
- 2 tsp baking powder
- ½ tsp bicarbonate of soda
- pinch of salt
- 4 tsps sugar
- 65g dairy-free spread



#### METHOD

- Whisk the cider vinegar with the soy milk and leave it to thicken for a few minutes.
- Sift the flour, baking powder, bicarbonate of soda and salt. Do this 5-6 times between two mixing bowls, holding the sieve high to aerate the flour and incorporate the raising agents.
- Mix in the sugar, then rub in the dairy-free spread until the mixture looks like breadcrumbs.
- Make a well in the middle, gradually add the frothy milk and press together until the mixture forms a soft, springy dough. You may not need to use all of the milk.
- Turn out the dough onto a floured surface and flatten it gently with your hands (handle the dough as little as possible and don't use a rolling pin).
- Cut into rounds with a cookie cutter and place on a greased baking tray. Brush the tops of the scones with the leftover milk.
- Bake near the top of the oven at **220°C/425°F/Gas 7** for 15 minutes until the scones have risen and are golden brown in colour.
- Allow to cool, then serve with jam and cream.

#### FOR THE CASHEW CREAM

- 70g cashews, soaked for an hour or two
- 1 tablespoon agave nectar
- 50ml cold water
- a few drops of vanilla essence
- pinch of salt
- ½ tablespoon melted coconut oil

Blend together all the ingredients except the coconut oil in a blender. Keeping the motor running, slowly add the melted coconut oil. Chill for an hour or two before serving.