

Wartime carrot and sultana scones

Marguerite Patten was an English home economist, food writer and broadcaster. She was one of the earliest celebrity chefs who became known during World War II thanks to her programme on BBC Radio, where she shared recipes that could work within the limits imposed by war rationing. This is her recipe for Carrot scones.

The recipe uses tablespoons as a way of measuring but I have also added amounts in grams if you'd rather use weighing scales instead.

Ingredients

12 tbsp self raising flour (130g) and 1 teaspoon baking powder – sifted together

2 tbsp softened butter or margarine (40g)

4 tbsp sugar (60g)

8 tbsp grated carrot (1 large carrot or 2 smaller ones)

3 tablespoons sultanas, or other dried fruit would work also (50g)

A few drops of vanilla flavouring (essence)



Method

1. Pre-heat oven to gas mark 5 / 190°C. Grease a baking tray.
2. Beat the sugar and butter with a wooden spoon until they are light & creamed.
3. Add in the grated carrot, a bit at a time. It will not look like the prettiest thing in the world – but stick with it.
4. Add the dried fruit and mix.
5. Add in the vanilla.
6. Slowly add the sifted flour. The more you beat, the more moisture the carrots will release to bind the mixture together. Your dough should now be stuck together and feel slightly sticky. This isn't the type of scone dough we are used to where we roll it out and shape using cutters, they will be rustic looking.
7. Take small amounts of the dough and roll the desired amount between your hands to make a ball. It will make around 6 decent sized scones.
8. Place on baking tray, flatten slightly and sprinkle with a little sugar (optional).
9. Cook in the centre of the oven for about 15-18 mins, until firm on top & at the sides.
10. Enjoy warm or cold.