



Air Fryer Scones

Description

Air Fryer Scones. Learn how to make British homemade scones in the air fryer. A simple English classic scones recipe that is adapted for the air fryer and easy to mix and match with favourite flavours.

PREPRATION TIME:

- Prep Time : 10 mins
- Cook Time : 7 mins
- Total Time : 17 mins

Ingredients:

Air Fryer Scones Ingredients:

- 225 g Self Raising Flour
- 50 g Butter
- 28 g Caster Sugar
- 60 ml Whole Milk
- Egg Wash
- Extra Virgin Olive Oil Spray
- Squirty Cream optional
- Fresh Strawberries optional
- Strawberry Jam optional

Instructions:

1. Place flour and sugar in a bowl and mix. Add in cubed butter.

2. Rub the fat into the flour. Do this with your fingertips until it resembles coarse breadcrumbs.
3. Add in enough milk to make a soft dough, for us this was 60ml. Then roll out your dough on a floured worktop and aim for at least 1.5cm thick or your scones will be too small.
4. Using cutters, cut your dough to medium sized scones and then place in the air fryer basket.
5. Spray the air fryer basket with extra virgin olive oil to prevent sticking and then brush the tops and sides of the scones with egg wash.
6. Air fry for 5 minutes on 180c/360f, followed by a further 12 minutes at 160c/320f.
7. Serve with strawberry jam, sliced strawberries and cream.

Notes

Height. If you would like really tall scones like you see in magazines, then double the ingredients and then double the thickness of the dough as you add the scones to the air fryer. Then add 3 extra minutes of cook time.

Traditional. Note that this is a traditional British scones recipe from the 1960s and you are welcome to modernise them if you prefer.

Nutrition

Calories: 219kcal | **Carbohydrates:** 32g | **Protein:** 5g | **Fat:** 8g | **Saturated Fat:** 5g | **Polyunsaturated Fat:** 1g | **Monounsaturated Fat:** 2g | **Trans Fat:** 1g | **Cholesterol:** 19mg | **Sodium:** 65mg | **Potassium:** 53mg | **Fiber:** 1g | **Sugar:** 5g | **Vitamin A:** 225IU | **Calcium:** 19mg | **Iron:** 1mg

Category

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