

## Cactus Pear Fruit Jam Scones



### Makes 12 large scones

*Recipe developed by Taylon Colbert*

*Checked and edited by Dr Alba du Toit*

### INGREDIENTS:

#### Scones

- 500 ml (280 g) cake flour
- 15 ml baking powder
- 2 ml salt
- 60 ml castor sugar
- 125 g butter
- 1 egg
- 100 ml plain yoghurt
- 45 ml smooth cactus pear juice (or water)
- 30 ml cactus pear fruit jam (recipe available)

#### Egg wash

- 1 egg
- 15 ml water

### METHOD:

- Preheat the oven to 220°C. Prepare a greased baking tray.
- Sift the flour, baking powder and salt together. Add the castor sugar and combine well.
- Rub in the butter until the mixture resembles breadcrumbs.
- Whisk the egg, yoghurt and the cactus pear juice together and add to the flour mixture. Mix just until the ingredients are combined.
- Place the dough on a floured bench and knead it lightly 10 or 15 times until the dough is soft and elastic.
- Turn out onto a floured surface to a thickness of 2 cm and cut round circles using a round cookie cutter.
- Using thumbs, make a deep well in the tops, large enough for about half a teaspoon of jam. Fill with jam.
- Place on a baking sheet, packed close to each other but not touching. Brush the scones lightly with egg wash on the top only.
- Leave the scones to rest for a few minutes.
- Bake for 15–20 minutes, or until risen and brown.
- Place on a wire rack to cool.