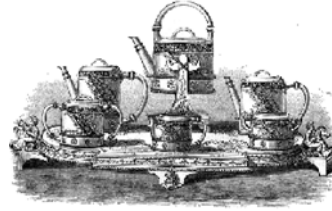


# Recipes of England

## Traditional Scones

2 c. self-rising flour      2/3 c. milk  
large pinch of salt      1 egg beaten, or milk  
2 Tbs. sugar  
1/4 c. + 2 tsp. butter or margarine

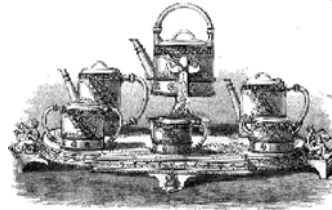


Preheat oven to 450. Place ungreased baking pan in oven to heat. Sift flour, salt, and sugar together in medium size bowl. Cut or rub the butter into the flour until the flour is granular (no clumps of butter should remain). Begin adding milk until dough is sufficiently soft, but not sticky. Gently turn out the dough onto a lightly floured surface and knead until dough is smooth and crack-free. Try not to overwork the dough or it will stiffen. Roll out dough until it is 3/4" thick. Use a glass or circular cookie cutter to create round scones, or cut into triangular wedges. Brush tops with either milk or egg. Remove the pan from the oven and carefully place the scones on it. Return to the oven and bake approximately 8-10 minutes until golden and risen. Serve with butter, strawberry jam, and whipped or clotted cream.

OPTIONAL: Replace sugar with 1/3 cup of either raisins, dried cranberries, or chopped dates or figs, or a mixture of the bunch.

## Bubble-and-Squeak

1 onion, minced  
1-3/4 c. mashed potatoes  
2 c. cabbage, chopped fine and cooked  
salt & pepper  
2 Tbs. cooking oil  
1/2 c. cooked meat, chopped well  
(corned beef, ham, or sausage work well!)



Heat oil in a frying pan and saute onions until soft. Remove the onions, retaining any oil in the pan. Mix the onions well with the meat, potatoes, and cabbage. Salt and pepper to taste. Return the mixture to the pan and form into a large cake. Press flat. With the heat at medium, fry until golden brown, about fifteen minutes. Flip the cake over and brown the other side. It will squeak and bubble as it cooks!