

MORNING TEA RECIPES



Scones

Ingredients

- 2 cups all-purpose flour
- 1/4 cup granulated sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 cup unsalted butter (cold and cut into small pieces)
- 2/3 cup milk
- 1/2 cup sultanas or raisins (optional)

Method

1. Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. In a large mixing bowl, whisk together the flour, sugar, baking powder, and salt.
3. Add the cold, cubed butter to the dry ingredients. Using a pastry cutter or your fingers, work the butter into the flour mixture until it resembles coarse crumbs. You want small, pea-sized pieces of butter throughout the mixture.
4. If you're adding sultanas or raisins, gently fold them into the mixture.
5. Make a well in the center of the mixture and pour in the milk. Stir until just combined. Do not overmix as you want the dough to be just combined and a bit shaggy.
6. Turn the dough out onto a floured surface. Gently fold a twice until it comes together.
7. Pat the dough lightly with your hands so its about 2 inches thick. Using a round cutter, cut out scones and place them on the prepared baking sheet.
8. If you have leftover scraps, gently gather and pat them together, then cut out additional scones. Brush each scone lightly with some milk.
9. Bake in the preheated oven for 12-15 minutes or until the tops are golden brown.
10. Allow the scones to cool on a wire rack for a few minutes.
11. Serve warm with clotted cream, jam, or your favorite toppings.

Vanilla Cupcakes

Ingredients

1/2 cups all-purpose flour
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup unsalted butter, softened
1/2 cup granulated sugar
2 large eggs
2 teaspoons vanilla extract
2/3 cup milk

Buttercream frosting

1 cup unsalted butter, softened
4 cups powdered sugar
1/4 cup whole milk
2 teaspoons vanilla extract

Method

1. Preheat your oven to 350°F (175°C). Line a muffin tin with cupcake liners.
2. In a medium bowl, whisk together the flour, baking powder, and salt. Set aside.
3. In a large mixing bowl, cream together the softened butter and sugar until light and fluffy.
4. Add the eggs one at a time, beating well after each addition. Stir in the vanilla extract.
5. Gradually add the dry ingredients to the wet ingredients, alternating with the milk. Mix until just combined. Be careful not to overmix.
6. Divide the batter evenly among the cupcake liners, filling each about 2/3 full.
7. Bake in the preheated oven for 18-20 minutes or until a toothpick inserted into the center of a cupcake comes out clean.
8. Allow the cupcakes to cool in the tin for a few minutes before transferring them to a wire rack to cool completely.
9. **Buttercream Frosting:** in a large bowl, beat the softened butter until creamy. Gradually add the powdered sugar, one cup at a time, beating well after each addition. Add the milk and vanilla extract, and continue to beat until smooth and fluffy. (If the frosting is too thick, you can add more milk).
10. Once the cupcakes are completely cooled, frost them with the vanilla buttercream, and you'll have delicious homemade vanilla cupcakes! Feel free to decorate them with sprinkles or other toppings if you'd like.

Banana Muffins

Ingredients:

2 large or 3 small ripe bananas, mashed
1/3 cup melted butter
1 teaspoon baking soda
Pinch of salt
1/4 cup sugar
1 large egg, beaten
1 teaspoon vanilla extract
1 1/2 cups all-purpose flour

Method

1. Preheat your oven to 350°F (175°C). Grease a muffin tin or line it with paper liners.
2. In a mixing bowl, mash the ripe bananas with a fork.
3. Melt the butter in the microwave or on the stove, and add it to the mashed bananas. Mix well.
4. Add the baking soda and pinch of salt to the banana mixture, and stir.
5. Stir in the sugar, beaten egg, and vanilla extract.
6. Add the flour to the mixture and stir until just incorporated. Be careful not to overmix, as this can make the muffins dense.
7. Spoon the batter into the muffin cups, filling each about 2/3 full.
8. Bake in the preheated oven for about 20-25 minutes or until a toothpick inserted into the center of a muffin comes out clean.
9. Allow the muffins to cool in the tin for a few minutes before transferring them to a wire rack to cool completely.

Enjoy these simple and tasty banana muffins with your morning tea! You can also customise the recipe by adding nuts, chocolate chips, or other ingredients to suit your taste.