

Torres Strait Island Fried Scones

Season: All

Makes: 24 to 36 scones

Recipe source: Adapted from a recipe by Nornie Bero from Mabu Mabu

These fried scones are a type of damper. A great way to serve them is with Nornie's bush tomato tagine.

Equipment:

metric measuring scales, jug and spoons
small and medium bowls
small saucepan
sifter
rolling pin
cook's knife
frying pan
spatula (to flip when frying)

Ingredients:

¼ cup lukewarm water
2 tbsp caster sugar
1 tbsp dried yeast
1 ¼ cup milk
2 tbsp vegetable oil (sunflower, grapeseed)
½ cup lukewarm water
400 g plain flour
1 tsp sea salt
extra vegetable oil for frying

Instructions:

1. Place the ¼ cup lukewarm water in a small bowl and add the sugar and yeast. Don't stir or mix; set aside to dissolve (approximately 5 minutes). The yeast mix should start to froth or bubble slightly.
2. In a small saucepan, gently warm the milk for three to four minutes, then take off the heat and let it sit for two minutes. The milk should be lukewarm; if it is still too hot, leave for another minute, as hot milk will kill the yeast and the scones won't rise.
3. Add the milk, oil and ½ cup of lukewarm water to the yeast mix.
4. Sift the flour and salt into a medium bowl and make a well in the middle. Pour the wet ingredients into the well and mix in.
5. Using one hand, knead the mix into a sticky, soft dough. To knead: pull the dough in from the outside of the bowl and gently push into the middle, then turn the bowl by a quarter and repeat. Keep going for about two minutes, until the dough forms a soft, sticky ball.
6. Set the dough aside for five minutes to rise a little.
7. Tip the dough onto a lightly floured hard surface. The dough may still be a little sticky. Knead gently for one or two minutes until soft and smooth. If the dough stays sticky, add a little more plain flour to the kneading surface (not the dough), and continue kneading for another one or two minutes, until soft and smooth.
8. Divide into two or three balls. Roll each ball into a disc 1 cm thick. Let the dough rise for another five minutes, then without cutting completely through the dough, cut/mark each disc into 8 to 12 triangular pieces.
9. Heat the frying pan, then add a small amount of oil. Fry each disc on medium heat until golden brown both sides, about three minutes each side.