

Ham and Cheese Scones

Age: Preschool-age (3-4 years), Toddlers (18-36 months)

This activity helps your child's development in this domain: Language and Literacy, Cognitive

What You Need:



2 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
8 tablespoons cold unsalted butter, cut into small pieces
1/2 cup plus 1 tablespoon cold whole milk, divided
3 eggs, divided
3/4 cup sharp cheddar cheese, shredded
1/2 cup cooked ham, diced small

What To Do:

1. Pre-heat the oven to 400 degrees. Lightly grease or line a baking sheet with parchment paper.
2. Have your child whisk together the flour, baking powder, and salt in a large bowl.
3. Together, cut the butter into the flour using a pastry blender or two forks. The butter should break down until it's the size of small peas.
4. Have your child whisk together the 1/2 cup milk and two eggs in another bowl
5. Together, add the milk mixture to the flour mixture and stir with a wooden spoon. Talk about what is happening to the ingredients.
6. Have your child add in the ham and cheese to the dough and mix together until everything is incorporated. Do not over mix.
7. Lightly flour a cutting board and turn the dough onto the board. Together, knead it just until you can shape it into a ball. Then, have your child pound



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out the ball using the heel of his hand until it is a flattened disk about $\frac{3}{4}$ -inch in thickness.

Together, cut out the scones into circles using a 2-inch biscuit cutter or the rim of a small juice glass. Place the scones onto the prepared baking sheet.

8. Whisk together the remaining 1 egg and 1 tablespoon of milk and brush the tops of each scone. Have your child make a prediction about what the scones will look like when it bakes.

9. Bake for 18-20 minutes, until they are lightly brown.

Adapted from: www.rachaelray.com

