

Pumpkin scones with Green Rooibos Coconut and Mango and soursop cream



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- Sub Category Name
Food
Sweets
- Recipe Source Name
Infusions Recipes
- Activities Name
Real High Tea
Breakfast Tea Selection

Used Teas



Green Rooibos
Coconut & Mango

Ingredients

Pumpkin scones with Green Rooibos Coconut and Mango and soursop cream

- 4 cups of self-raising flour
- 250G peeled pumpkin, cooked till soft and infused with 6 Green Rooibos Coconut and Mango tea bags for 5 minutes
- 1 teaspoon of sea salt flakes



- 1 cup of lemonade
- 1 cup of cream
- 1 table spoon Green Rooibos Coconut and Mango infused into ½ cup hot water
- 1 egg yolk beaten with a tsp of cream for glazing the scone tops
- Extra flour and white tea for dusting

Sour sop Cream

- 100g buffalo curd
- 190ml cream
- 1 table spoon of honey
- 2 sour sops, cut into segments, deseeded and pureed with a squeeze of lemon

Methods and Directions

Pumpkin scones with Green Rooibos Coconut and Mango and soursop cream

- Pre heat the oven on fan bake at 220C with the shelf in the upper part of the oven. Pre heat the roasting tray that you intend to bake the scones on as well.
- Into a large bowl place the flour and salt and mix to combine. Into a measuring jug combine the cream and lemonade.
- Make a well in the middle of the flour and pour in the liquid and mashed pumpkin and the brewed white tea. Including the leaves Using a bread knife, mix lightly, cutting through the flour until a crumbly dough is formed. This step should take no longer then 30 seconds of gentle mixing.
- Turn the dough out on a floured surface and gentle form the dough into a round disc.
- Using a rolling pin, lightly roll the dough until it is 2.5 to 3 cm in thickness. If you are unsure of the thickness measured the dough with a ruler, as this step is vital in achieving scone-making success.
- Once the circles are tapped out, lay those closely touching each other on a preheated flour dusted baking tray. Once you're happy with the thickness, dust a heavy round cutter and tap out the scone rounds sharply, bringing the cutter straight down into the dough and removing by pulling straight up without twisting. Twisting will cause the dough to rise unevenly.
- Lightly brush the surface of the scones with the beaten egg yolk mixed with a teaspoon of cream. This will give the scones a beautifully glazed top.
- Bake in the oven for 12-15 minutes until golden and well risen. Remove from the oven and allow to sit for couple of minutes in the tin before removing to a wire rack.
- Serve immediately with lashings of creamy butter, freshly, grated cheese and Marmite.

Sour sop Cream

- In a bowl beat buffalo curd thoroughly then add honey and cream.
- Add sour sop puree and beat until smooth.
- Put aside for ½ hour to set



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teainspired.com/dilmah-recipes 22/02/2025