

MAPLE SYRUP, WALNUT & BUTTERMILK WHOLEMEAL SCONES



FOOD SERVICE



A healthier scone using wholemeal flour for good fibre and nutrition. Using buttermilk instead of standard milk adds a balancing acidity to counteract the sweetness of maple syrup and caster sugar.

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SERVES 24

INGREDIENTS

	Approx Unit Price	Approx Ingredient Cost
Pastry:		
950g plain flour	0.00105	\$1.00
300g wholemeal flour	0.00171	\$0.51
80g baking powder	0.00904	\$0.72
12g salt	0.00108	\$0.01
120g butter, softened, plus extra for greasing	0.00800	\$0.96
300g walnuts, roughly chopped	0.01437	\$4.31
310mL water	0.00000	\$0.00
600mL buttermilk	0.00508	\$3.05
300ml Chelsea Maple Syrup	0.00762	\$2.28
Topping:		
200g extra chopped walnuts	0.01437	\$2.87
100g extra Chelsea Maple Syrup	0.00762	\$0.76

METHOD

Preheat oven to 200°C and grease a baking tray.

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Using the hook attachment, cut in the butter and until it resembles breadcrumbs.

Combine maple syrup, water and milk and add to bowl with the walnuts. Mix in quickly without overworking.

Knead lightly to just bring together.

Roll out dough 3cm thick and using a pastry cutter, cut into 24 scones.

Place scones onto a greased baking tray and brush tops with extra maple syrup. Scatter extra chopped walnuts over the top.

Bake for 15-18 minutes until golden brown.

SOME KEY POINTS TO REMEMBER:

- Replace walnuts with pecans.
- Butter could be replaced with margarine for a dairy free version, and walnuts could be replaced with dried fruit for a nut-free version.
- Replace **Chelsea Maple Syrup** with **Chelsea Golden Syrup**

PROFIT

- Cost of goods is around \$0.69 each; need to sell at \$2.65 to achieve 70% GP. Don't forget to allow for any accompaniment served with the scones and add this to the sell price.
- Eliminate wastage by baking only batches large enough for the day estimate sales volumes, by keeping sales records and varying batch sizes according to day of the week and anticipated business.
- Although best fresh, these scones can be frozen and reheated in a hot oven to regenerate well as a backup if you run out of fresh.
- Freeze any excess scones to use in crumble toppings etc.

NUTRITION

- Contains gluten (wheat flour), dairy (butter) and nuts.

SERVICE

- Make batches fresh daily. Display and serve as a counter-top impulse item. If still warm when displayed, leave cover slightly ajar to allow steam to escape, otherwise scones will become soggy.
- Serve with lemon curd, cream, butter or make great maple butter by blending together 225g of softened unsalted butter with 80g Chelsea Maple Syrup. Scrape the Maple butter onto a sheet of cling film, wrap and roll into a log and chill until required.

TOTAL COST	\$16.48
COST PER PORTION	\$0.69
GROSS PROFIT %	70%
SALES TAX	15%

MIN. SELLING PRICE (per portion)	\$2.63
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Costs based on average wholesale prices at XX/XX/XX