



**FOODFIRST SCONE
MIX
RECIPIES**

CHEESE SCONES

INGREDIENTS	BATCH	
	2kg	4kg
Foodfirst Scone Mix	2.000	4.000
Water	1.120	2.240
Grated cheese	.300	.600
TOTAL DOUGH WEIGHT	3.420	6.840

PROCEDURE

- Using a dough hook, blend all the ingredients together.
- Mix on slow speed for 1 minute. Do not overwork.
- Mould dough into ball and rest for 5 minutes.
- Using a rolling pin, pin out to desired thickness (approx 12mm) and cut out with a scone cutter.
- Place scones onto paper lined or greased trays.
- Sprinkle with grated cheese.
- Bake at 215°C for 18 – 20 minutes.
- Cool, pack, label and display.

Ingredients:

Wheat flour, water, cheese (9%) (milk, salt, rennet, culture), canola oil, raising agents (500,541), sugar, skim milk powder, salt, glucose, emulsifiers (322,471,477), stabiliser (469), mineral salt (339), egg.

Nutrition Information#:

	Quantity Per Serving (80g)	Quantity Per 100g
Energy	1030kJ	1290kJ
Protein	7.8g	9.7g
Fat, total	7.4g	9.3g
- saturated	2.4g	2.9g
Carbohydrate	36.1g	45.1g
- sugars	2.7g	3.4g
Sodium	615mg	770mg

All specified values are averages



DATE SCONES

INGREDIENTS	BATCH	
	2kg	4kg
Foodfirst Scone Mix	2.000	4.000
Water	1.120	2.240
Chopped Dates	.300	.600
TOTAL DOUGH WEIGHT	3.420	6.840

PROCEDURE

1. Using a dough hook, blend all the ingredients together.
2. Mix on slow speed for 1 minute. Do not overwork.
3. Mould dough into ball and rest for 5 minutes.
4. Using a rolling pin, pin out to desired thickness (approx 12mm) and cut out with a scone cutter.
5. Place scones onto paper lined or greased trays.
6. Brush with egg wash.
7. Bake at 215°C for 18 – 20 minutes.
8. Cool, pack, label and display.

Ingredients:

Wheat flour, water, dates (9%), canola oil, raising agents (500,541), sugar, skim milk powder, salt, glucose, emulsifiers (322,471,477), stabiliser (469), mineral salt (339), egg.

Nutrition Information#:

	Quantity Per Serving (80g)	Quantity Per 100g
Energy	960kJ	1200kJ
Protein	5.5g	6.9g
Fat, total	3.9g	4.9g
- saturated	0.1g	0.1g
Carbohydrate	41.5g	51.9g
- sugars	8.1g	10.1g
Sodium	550mg	690mg

All specified values are averages



SULTANA SCONES

INGREDIENTS	BATCH	
	2kg	4kg
Foodfirst Scone Mix	2.000	4.000
Water	1.120	2.240
Sultanas	.400	.800
TOTAL DOUGH WEIGHT	3.520	7.040

PROCEDURE

1. Using a dough hook, blend all the ingredients together.
2. Mix on slow speed for 1 minute. Do not overwork.
3. Mould dough into ball and rest for 5 minutes.
4. Using a rolling pin, pin out to desired thickness (approx 12mm) and cut out with a scone cutter.
5. Place scones onto paper lined or greased trays.
6. Brush with egg wash.
7. Bake at 215°C for 18 – 20 minutes.
8. Cool, pack, label and display.

Ingredients:

Wheat flour, water, sultanas (11%), canola oil, raising agents (500,541), sugar, skim milk powder, salt, glucose, emulsifiers (322,471,477), stabiliser (469), mineral salt (339), egg.

Nutrition Information#:

	Quantity Per Serving (80g)	Quantity Per 100g
Energy	970kJ	1210kJ
Protein	5.4g	6.8g
Fat, total	3.8g	4.8g
- saturated	0.1g	0.2g
Carbohydrate	42.9g	53.6g
- sugars	10.3g	12.8g
Sodium	540mg	675mg

All specified values are averages



APRICOT SCONES

INGREDIENTS	BATCH	
	2kg	4kg
Foodfirst Scone Mix	2.000	4.000
Water	1.120	2.240
Dried Diced Apricots	.300	.600
TOTAL DOUGH WEIGHT	3.420	6.840

PROCEDURE

1. Using a dough hook, blend all the ingredients together.
2. Mix on slow speed for 1 minute. Do not overwork.
3. Mould dough into ball and rest for 5 minutes.
4. Using a rolling pin, pin out to desired thickness (approx 12mm) and cut out with a scone cutter.
5. Place scones onto paper lined or greased trays.
6. Brush with egg wash.
7. Bake at 215°C for 18 – 20 minutes.
8. Cool, pack, label and display.

Ingredients:

Wheat flour, water, apricots (9%), canola oil, raising agents (500,541), sugar, skim milk powder, salt, glucose, emulsifiers (322,471,477), stabiliser (469), mineral salt (339), egg.

Nutrition Information#:

	Quantity Per Serving (80g)	Quantity Per 100g
Energy	930kJ	1170kJ
Protein	5.6g	7.0g
Fat, total	3.9g	4.9g
- saturated	0.1g	0.1g
Carbohydrate	40.0g	50.0g
- sugars	6.3g	7.9g
Sodium	555mg	695mg

All specified values are averages



HONEY AND BANANA SCONES

INGREDIENTS	BATCH	
	2kg	4kg
Foodfirst Scone Mix	2.000	4.000
Water	1.120	2.240
Banana Chips	.200	.400
Honey	.050	.100
TOTAL DOUGH WEIGHT	3.370	6.740

PROCEDURE

1. Using a dough hook, blend all the ingredients together.
2. Mix on slow speed for 1 minute. Do not overwork.
3. Mould dough into ball and rest for 5 minutes.
4. Using a rolling pin, pin out to desired thickness (approx 12mm) and cut out with a scone cutter.
5. Place scones onto paper lined or greased trays.
6. Brush with egg wash.
7. Bake at 215°C for 18 – 20 minutes.
8. Cool, pack, label and display.

Ingredients:

Wheat flour, water, canola oil, banana (6%), raising agents (500,541), sugar, honey (1.5%), skim milk powder, salt, glucose, emulsifiers (322,471,477), stabiliser (469), mineral salt (339), egg.

Nutrition Information#:

	Quantity Per Serving (80g)	Quantity Per 100g
Energy	950kJ	1190kJ
Protein	5.7g	7.1g
Fat, total	4.0g	4.9g
- saturated	0.1g	0.1g
Carbohydrate	41.3g	51.6g
- sugars	6.9g	8.6g
Sodium	560mg	700mg

All specified values are averages



TOMATO AND BASIL SCONES

INGREDIENTS	2kg	4kg
Foodfirst Scone Mix	2.000	4.000
Water	.820	1.640
Tomato Paste	.300	.600
Dry Basil	.010	.020
TOTAL DOUGH WEIGHT	3.130	6.260

PROCEDURE

1. Using a dough hook, blend all the ingredients together.
2. Mix on slow speed for 1 minute. Do not overwork.
3. Mould dough into ball and rest for 5 minutes.
4. Using a rolling pin, pin out to desired thickness (approx 12mm) and cut out with a scone cutter.
5. Place scones onto paper lined or greased trays.
6. Brush with egg wash.
7. Bake at 215°C for 18 – 20 minutes.
8. Cool, pack, label and display.

Ingredients:

Wheat flour, water, tomato paste (10%), canola oil, raising agents (500,541), sugar, skim milk powder, salt, glucose, emulsifiers (322,471,477), basil, stabiliser (469), mineral salt (339), egg.

Nutrition Information#:

	Quantity Per Serving (80g)	Quantity Per 100g
Energy	970kJ	1210kJ
Protein	6.3g	7.9g
Fat, total	4.3g	5.3g
- saturated	0.1g	0.2g
Carbohydrate	40.0g	50.0g
- sugars	4.0g	5.0g
Sodium	640mg	800mg

All specified values are averages



CHEESE AND ONION SCONES

INGREDIENTS	BATCH	
	2kg	4kg
Foodfirst Scone Mix	2.000	4.000
Water	1.120	2.240
Grated Cheese	.300	.600
Dry Onions	.030	.060
TOTAL DOUGH WEIGHT	3.450	6.900

*Dry onions must be soaked at least 30 minutes prior to use.

PROCEDURE

1. Using a dough hook, blend all the ingredients together.
2. Mix on slow speed for 1 minute. Do not overwork.
3. Mould dough into ball and rest for 5 minutes.
4. Using a rolling pin, pin out to desired thickness (approx 12mm) and cut out with a scone cutter.
5. Place scones onto paper lined or greased trays.
6. Brush with egg wash.
7. Sprinkle with grated cheese.
8. Bake at 215°C for 18 – 20 minutes.
9. Cool, pack, label and display.

Ingredients:

Wheat flour, water, cheese (9%) (milk, salt, rennet, culture), canola oil, raising agents (500,541), sugar, onion (1%), skim milk powder, salt, glucose, emulsifiers (322,471,477), stabiliser (469), mineral salt (339), egg.

Nutrition Information#:

	Quantity Per Serving (80g)	Quantity Per 100g
Energy	1000kJ	1250kJ
Protein	7.3g	9.1g
Fat, total	6.7g	8.3g
- saturated	1.9g	2.4g
Carbohydrate	36.4g	45.5g
- sugars	2.7g	3.3g
Sodium	600mg	750mg

All specified values are averages



ONION AND CURRY SCONES

INGREDIENTS	BATCH	
	2kg	4kg
Foodfirst Scone Mix	2.000	4.000
Water	1.120	2.240
Curry Powder	.010	.020
Dry Onions	.030	.060
TOTAL DOUGH WEIGHT	3.160	6.320

*Dry onions must be soaked at least 30 minutes prior to use.

PROCEDURE

1. Using a dough hook, blend all the ingredients together.
2. Mix on slow speed for 1 minute. Do not overwork.
3. Mould dough into ball and rest for 5 minutes.
4. Using a rolling pin, pin out to desired thickness (approx 12mm) and cut out with a scone cutter.
5. Place scones onto paper lined or greased trays.
6. Brush with egg wash.
7. Bake at 215°C for 18 – 20 minutes.
8. Cool, pack, label and display.

Ingredients:

Wheat flour, water, canola oil, raising agents (500,541), sugar, onion (1%), skim milk powder, salt, glucose, emulsifiers (322,471,477), curry powder, stabiliser (469), mineral salt (339), egg.

Nutrition Information#:

	Quantity Per Serving (80g)	Quantity Per 100g
Energy	940kJ	1180kJ
Protein	5.8g	7.3g
Fat, total	4.2g	5.3g
- saturated	0.1g	0.2g
Carbohydrate	39.8g	49.7g
- sugars	2.9g	3.6g
Sodium	600mg	750mg

All specified values are averages



HAM AND CHEESE SCROLLS

INGREDIENTS	BATCH	
	1kg	2kg
Foodfirst Scone Mix	1.000	2.000
Water	.560	1.120
TOTAL DOUGH WEIGHT	1.560	3.120

Filling		
Ham Chopped	.300	.600
Grated cheese	.400	.800
Freshly chopped parsley to taste	.010	.020
Eggs (mixed together)	.100	.200

PROCEDURE

1. Using a dough hook, blend scone mix and water together.
2. Mix on slow speed for 1 minute. DO NOT OVERMIX.
3. Remove dough from bowl and shape into a rectangle and rest for 5 minutes.
4. Using a rolling pin, roll the dough piece 5mm thick and a rectangle of 400 – 450.
5. Mix all filling ingredients together.
6. Spread filling evenly over the dough piece.
7. Roll up as for a Swiss Roll.
8. Cut into rounds about 2cm thick and place on greased hamburger trays.
9. Rest for 10 minutes.
10. Bake at 210°C for 18 – 20 minutes.
11. Cool, pack, label and display.

Ingredients:

Wheat flour, water, cheese (17%) (milk, salt, rennet, culture), ham (13%) [pork, water, salt, soy protein, whey protein, sugar, skim milk powder, spices, mineral salts (450,451), antioxidant (316), preservative (250)], canola oil, raising agents (500,541), egg, sugar, skim milk powder, salt, glucose, emulsifiers (322,471,477), parsley, stabiliser (469), mineral salt (339).

Nutrition Information#:

	Quantity Per Serving (85g)	Quantity Per 100g
Energy	1050kJ	1240kJ
Protein	10.8g	12.7g
Fat, total	10.4g	12.2g
- saturated	4.3g	5.0g
Carbohydrate	27.7g	32.6g
- sugars	2.1g	2.5g
Sodium	705mg	830mg

All specified values are averages



BANANA AND APPLE SCROLLS

INGREDIENTS	BATCH	
	1kg	2kg
Foodfirst Scone Mix	1.000	2.000
Water	.560	1.120
TOTAL DOUGH WEIGHT	1.560	3.120

Filling

Chopped Fresh Banana	.200	.400
Tin Chopped Apple	.400	.800
Brown Sugar	.050	.100

PROCEDURE

1. Using a dough hook, blend scone mix and water together.
2. Mix on slow speed for 1 minute. DO NOT OVERMIX.
3. Remove dough from bowl and shape into a rectangle and rest for 5 minutes.
4. Using a rolling pin, roll the dough piece 5mm thick and a rectangle of 400 x 450.
5. Mix all filling ingredients together.
6. Spread filling evenly over the dough piece.
7. Roll up as for a Swiss Roll.
8. Cut into rounds about 2cm thick and place on greased hamburger trays.
9. Rest for 10 minutes.
10. Bake at 210°C for 18 – 20 minutes.
11. Cool and dust with icing sugar.
12. Pack, label and display.

Ingredients:

Wheat flour, water, apple (18%), banana (9%), canola oil, raising agents (500,541), sugar, skim milk powder, salt, glucose, emulsifiers (322,471,477), stabiliser (469), mineral salt (339).

Nutrition Information#:

	Quantity Per Serving (80g)	Quantity Per 100g
Energy	770kJ	960kJ
Protein	4.2g	5.3g
Fat, total	3.1g	3.8g
- saturated	0.1g	0.1g
Carbohydrate	33.7g	42.1g
- sugars	7.6g	9.5g
Sodium	430mg	535mg

All specified values are averages



STICKY CARAMEL AND PECAN SCROLLS

INGREDIENTS

	BATCH	
	1kg	2kg
Foodfirst Scone Mix	1.000	2.000
Water	.560	1.120

TOTAL DOUGH WEIGHT 1.560 3.120

Filling

Softened Butter	.210	.420
Brown Sugar	.320	.640
Cinnamon	.020	.040

PROCEDURE

- Using a dough hook, blend scone mix and water together.
- Mix on slow speed for 1 minute. DO NOT OVERMIX.
- Remove dough from bowl and shape into a rectangle and rest for 5 minutes.
- Using a rolling pin, roll the dough piece 5mm thick and a rectangle of 400 – 450.
- Mix all filling ingredients together.
- Spread filling evenly over the dough piece.
- Roll up as for a Swiss Roll.
- Cut into rounds about 2cm thick and place on greased hamburger trays.
- Rest for 10 minutes.
- Bake at 210°C for 18 – 20 minutes.
- Allow scrolls to cool.
- Soften Barker's caramel in a microwave for easy application.
- Using a pallet knife spread caramel evenly over scrolls.
- Sprinkle with chopped pecans.
- Pack, label and display.

PROCEDURE FOR FILLING

- Place all ingredients to into a mixing bowl.
- Using a paddle, mix until light and fluffy.

Ingredients:

Wheat flour, water, sugar, butter, canola oil, glucose, milk solids, raising agents (500,541), salt, golden syrup, pecan nuts (3%), emulsifiers (322,471,477), thickener (1442), stabiliser (469), flavour, cinnamon, colour (150c), mineral salt (339), preservative (202), acidity regulator (330).

Nutrition Information#:

	Quantity Per Serving (80g)	Quantity Per 100g
Energy	1280kJ	1600kJ
Protein	4.5g	5.6g
Fat, total	12.6g	15.7g
- saturated	5.2g	6.6g
Carbohydrate	42.6g	53.2g
- sugars	16.1g	20.2g
Sodium	500mg	630mg

All specified values are averages



SAVOURY MUFFINS

INGREDIENTS	BATCH
	1kg
Foodfirst Scone Mix	1.000
Whole Eggs	.100
Water	.800
TOTAL DOUGH WEIGHT	1.900

Filling

Grated Cheese	.150
Diced Ham	.100
Mixed Herbs	.005
Green Pepper	.075
Red Pepper	.075

PROCEDURE

1. Place all ingredients into mixing bowl fitted with a hook.
2. Blend on low speed until all the ingredients are combined. Do not overmix. Mixing time approximately 1 minute (maximum).
3. Hand fold in cheese, bacon, chives, mixed herbs etc.
4. Scale at approximately 100g, then place into greased muffin tins.
5. Glaze with egg wash.
6. Sprinkle with mixed herbs. Add ½ slice tomato or sprinkle with grated cheese or onion (red).
7. Bake at 190°C for 22 minutes.

Ingredients:

Wheat flour, water, canola oil, cheese (6%) (milk, salt, rennet, culture), capsicum, egg, ham (4%) [pork, water, salt, soy protein, whey protein, sugar, skim milk powder, spices, mineral salts (450,451), antioxidant (316), preservative (250)], raising agents (500,541), sugar, skim milk powder, salt, glucose, emulsifiers (322,471,477), stabiliser (469), mixed herbs, mineral salt (339).

Optional Toppings: Tomato/Cheese/Onion.

Nutrition Information#:

	Quantity Per Serving (85g)	Quantity Per 100g
Energy	890kJ	1050kJ
Protein	7.4g	8.7g
Fat, total	6.4g	7.5g
- saturated	1.8g	2.2g
Carbohydrate	30.2g	35.5g
- sugars	2.5g	2.9g
Sodium	555mg	650mg

All specified values are averages



SUGAR BUNS

INGREDIENTS	BATCH
	1kg
Foodfirst Scone Mix	1.000
Whole Eggs	.150
Milk	.300
Sugar	.200
Lemon Paste	.010
Currants	.200
TOTAL DOUGH WEIGHT	1.860

Nib Sugar (sprinkle)

PROCEDURE

1. Place liquids into bowl fitted with hook.
2. Add Foodfirst Scone Mix, lemon paste and sugar.
3. Mix on speed 1 for 1 minute and scrape down.
4. Add currants and mix for a further minute on speed 1.
5. Hand deposit onto trays (5 x 3).
6. Topping – sprinkle with sugar (or nib sugar) and pipe jam on top.
7. Bake at 210°C for 15 – 20 minutes.
8. Cool, pack and display

Ingredients:

Wheat flour, milk, sugar, currants (11%), canola oil, egg, raising agents (500,541), salt, glucose, emulsifiers (322,471,477), stabilisers (413,415,469), water, flavour, raspberry jam, colour (102), preservatives (202,211), mineral salt (339).

Nutrition Information#:

	Quantity Per Serving (100g)	Quantity Per 100g
Energy	1530kJ	1530kJ
Protein	8.4g	8.4g
Fat, total	6.5g	6.5g
- saturated	0.9g	0.9g
Carbohydrate	66.9g	66.9g
- sugars	26.7g	26.7g
Sodium	690mg	690mg

All specified values are averages



