



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Early March 2021

A hot breakfast

Tattie scones for breakfast

The first time I made tattie scones it was a revelation. They're so easy and much tastier than shop bought ones.

For this recipe you need cold mashed potatoes. The best way to do this is to have mashed potatoes with your evening meal (I make mine with a little milk and butter) and make extra on purpose (This doesn't always work out in my house but I try!) Kept in the fridge the mash will keep for a few days before you make your scones.

I've given measurements for 500g mash but really what matters is proportion, you want roughly 4 parts mashed potato to 1 part flour. You may have to alter this a little depending on how dry your mash is.



Ingredients

500g mashed potato

125g plain flour, plus extra to dust the work surface

1 tbsp butter

Serves 4

To serve- I like mine with garlic mushrooms and a fried egg (cook a large handful of sliced mushrooms in a little oil with a sliced garlic clove). My children go for baked beans. You have whatever you fancy!

You will need a large bowl and spoon, a rolling pin, a scone cutter or glass and frying pan and spatula.

Method

1. In a large bowl mix the potato and flour together thoroughly ensuring that there are no lumps of flour.
2. Melt the butter in the frying pan and then add it to the bowl and mix well. You want the mixture to feel like a soft dough. If it is very wet add a little more flour.
3. On a clean work surface scatter a little flour and then roll out your dough to around ½ cm thick. If it's too sticky, add a little more flour and try again.
4. Heat the frying pan on a medium heat. I don't use any oil or butter in my pan though it's fine to use a little of either if you need to.
5. Using your scone cutter, make rounds of the dough and drop into the frying pan.
6. Cook for 3-4 minutes per side, or until both sides are golden. Enjoy warm.