

CARROT JAM AND CARROT CAKE SCONES

Carrots are available all year round but are at their best from mid-May to the end of September. They are full of fibre, minerals and vitamins.

Carrot Jam/Marmelade

600g carrots, peeled and grated on the coarse side of a box grater
2 oranges, zested and juiced
2 lemons, zested and juiced
400g granulated sugar

Heat the oven to 180C. Put the carrots into a pan with the orange and lemon zests and juices. Add 350ml water, bring to the boil and simmer for 15 minutes. Meanwhile, put the sugar onto a baking tray and heat for 5-10 minutes in the oven, then add to the carrots. Stir to dissolve, return to the boil and simmer for 30 minutes until the marmalade reaches setting point or 105C/220F on a sugar thermometer. Pour into sterilised jars, cover, seal and store in a cool, dark place.

Carrot Cake Scones

100g plain flour
100g wholemeal brown flour
3 teaspoons baking powder
2 teaspoons mixed spice
2 oranges
3 tablespoons raisins
1 large or 2 small carrots, coarsely grated
1 tablespoon honey
50g butter, cut into small cubes
Mascarpone, to serve

Heat your oven to 200C. Line a baking tray with baking parchment. Mix the flours, baking powder and mixed spice together in a large mixing bowl. Finely grate in the zest from 1 orange. Grate the zest of the other orange into a little dish and set aside. Juice both oranges into a small bowl. Add the raisins, stir to mix and set aside.

Rub in the butter, then stir in the grated carrot into the flour mix. Add the honey and scoop the raisins out of the juice (keep the juice) before stirring them through the mix. Pour in a little splash of the orange juice. Use a fork to mix together adding a little more juice if necessary until your mixture is in a ball. It needs to be sticky but not too wet. Tip the dough out onto a well-floured surface. Shape into a 3cm-thick rectangle. Cut out the dough using a round cutter. Put the scones on the baking tray. And bake for 10-15 minutes in the centre of the oven or till golden and cooked through. Fold the reserved orange zest into the mascarpone. Ripple in a drizzle of honey. Serve with the warm scones, alongside some of the carrot jam. These scones are best eaten on the day they are made.