

David Gunns, of Gunns Bakery, has prepared this issue's Bedfordshire-inspired culinary delight in the form of cheese scones made in his traditional bakery. Why not try to make them yourself at home?

Gunns Bakery in Sandy has a long history within the county baking breads, pastries and cakes for over 78 years. Gunns' roots within Bedfordshire and the use of local produce throughout the year would be enough to earn the Tastes of Bedfordshire accreditation, however, it is for another reason that they are a member of the scheme.

Cheese Scones

Ingredients:

- 2lbs (460g) strong flour
- 2 1/2oz (70g) baking powder
- Pinch of Mustard
- Dash of Worcestershire sauce
- Pinch of salt
- 10oz (280g) margarine or butter
- 8oz (240g) grated mature cheddar cheese
- 1 pint (586ml) milk
- 1 egg



The Bedfordshire clanger – quintessential Bedfordshire dish – is regularly available from Gunns Bakery. Traditionally a suet based dumpling, the dish is best known for the fact that it consists of both a meat filling at one end and a jam filling at the other, combining the main course and a dessert.

Gunns have been in Sandy since 1928 and in their current premises for over forty years. Now operated by the third generation of the Gunns family, they also have bakeries in Bedford and Biggleswade bringing the total to three. The Sandy bakery includes a tea shop where you can enjoy any of the items available with a cup of tea.

Many local businesses buy their baked goods from Gunns so you may well find a sandwich using their bread at a pub, restaurant or health club within the county. Gunns also specialise in birthday and wedding cakes with a dedicated decorating facility above the Sandy bakery.

For this issue, David Gunns has shared his delicious recipe for cheese scones which are simple to make and certainly worth the effort. With the indicated ingredients above use the following method to create delicious, light and fluffy Bedfordshire cheese scones.

1) Sieve the flour, baking powder, mustard powder and salt together into a clean mixing bowl. 2) Add the margarine or butter to the bowl and rub through the flour mixture until it appears like breadcrumbs. 3) Take the grated cheese and add to the mixture working it through with your hands. 4) Mix together the milk, egg and Worcester sauce and then slowly add to the mixture. Work in the liquid until it forms a soft dough. 5) Roll out the dough and cut your preferred shapes and sizes. Glaze with beaten egg and sprinkle with grated cheese. 6) Place on a baking tray and put in the oven for 15-20 minutes at 200°C electric or gas mark five. 7) Recipe makes approximately 12 large or 18 small scones.

Gunns Bakery, Market Square, Sandy, Bedfordshire SG19 1HU Telephone 01767 680434