

Hi Everyone!

It's been really nice to receive emails from some of you. I've enjoyed hearing what activities you have been doing to keep yourselves occupied – it's given me some inspiration as to how to fill my own time!

As you have probably heard, we have had a few high profile cases of Coronavirus in the UK this week. Prince Charles announced on Tuesday that he had tested positive for the virus and was experiencing mild symptoms. He is now isolating in Balmoral Castle, one of the royal residences in Scotland. A few days later, the Prime Minister, Boris Johnson, announced the same. He is now isolating at his home, 10 Downing Street. As a country, I think we were all very shocked to hear that Prince Charles and 'Boris' (as we call him!) had contracted this illness; it was perhaps a reminder that this is affecting every single one of us, even if some of us don't have the opportunity to isolate in a castle...

I'm sure it's the same in France, too, but here we are really appreciating the power of social media for once! Following a post shared thousands of times on Facebook, the UK had a 'clap for the NHS' (our National Health Service) at 8pm on Thursday night. Everyone came out onto their doorsteps clapping hands, banging saucepans and shouting 'thank you'. It was really successful and actually quite emotional – it was nice to take some time to appreciate the hard work that nurses, doctors and healthcare workers are doing for us at this time. The NHS is extremely important to us in the UK; I think it is a source of national pride and it is something that most people here are keen to protect. Celebrities and royalty all got involved with the clap, from the Beckhams to Prince George, Princess Charlotte and Prince Louis. Have you experienced anything similar in France?

After this, most people have been respecting the social distancing. However, in the last couple of days, one footballer, Jack Grealish (who plays for Premier League team Aston Villa), has been forced to apologise after breaking the lockdown to attend a party at his friend's house. It was quite frustrating for us to see a public figure disrespecting the lockdown – it was as if he thought he was 'above the law'.

For everyone else though, we're on to our second week and I'm starting to get used to the new routine. Making time for exercise and spending some time outside has been important, especially in this beautiful weather that we're having. Today, my younger brothers are attempting to cook a traditional British roast dinner 'from scratch' for the first time (my parents are trying to teach them more life skills!!). I'll let you know how they get on. Maybe this would be a good time for you guys to try out some British recipes, like scones with jam and cream, or an English trifle!

Hope you all stay safe in this period. As we say in England:

Keep Calm and Carry On,

Kate

Here's a recipe of English scones!

← RECIPES / SCONES

TRADITIONAL ENGLISH TEA TIME SCONES WITH JAM AND CREAM

Recipe by French Tart

11 People talking
Reviews, Tips & More



READY IN: 20mins

SERVES: 3-4

YIELD: 6-8 Scones

UNITS: US

INGREDIENTS

Nutrition

PLAIN SCONES

8 ounces self-raising flour

salt, to taste

1 teaspoon baking powder

2 tablespoons caster sugar (superfine granulated)

2 ounces butter

1 egg, beaten and mixed with

¼ pint milk

fresh double cream, to serve (heavy cream)

jam, of your choice

DIRECTIONS

Sift together the flour, salt and baking powder into a bowl and add the sugar and butter.

Rub in the butter until the mixture resembles fine breadcrumbs.

Gradually mix in the egg and milk mixture to make a dough, saving any excess to glaze the tops of the scones. Add your fruit at this stage if using.

Gently knead the dough on a lightly floured work surface until smooth.

Roll out the dough to about 1/2" thick, then cut out 2" rounds with a plain or fluted cutter, kneading and re-rolling the dough until it is all used up.

Arrange scones on baking sheets then brush tops with the milk and egg mixture.

Bake in the oven at 230°C (450°F) mark 8 for 10 to 15 minutes, until well risen and lightly golden. Cool on a wire rack.

Whip the fresh cream until stiff. Split the scones and fill with butter, jam and fresh cream.

 PRINT RECIPE

1 ounce = 28.3 g

1 pint = 473 ml

Baking powder → *levure chimique*

A piece of advice: use thick (heavy) cream (the best for scones is 'clotted cream', available at Marks and Spence Food). → *crème fraîche épaisse*.

Link: <https://www.food.com/recipe/traditional-english-tea-time-scones-with-jam-and-cream-230515#activity-feed>