

The Perfect Scones

Prep Time: 30 minutes | Cook Time: 25 minutes | Yield: 8 Large or 16 Small Scones

Serving Size: 1/8 of Recipe; Calories 140; Total Fat 6g; Cholesterol .5mg;
Sodium 190mg; Total Carbohydrate 20g;

Equipment Needed:

- Mixing Bowl
- Box Grater
- Pastry Cutter
- Baking Sheet
- Pastry Brush

Ingredients:

- 2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1/2 teaspoon salt
- 2 1/2 teaspoons baking powder
- 1/2 cup unsalted butter, frozen
- 1/2 cup heavy cream or buttermilk (plus 2 tablespoons for brushing)
- 1 large egg
- 1 1/2 teaspoons pure vanilla extract
- 1-1 1/2 cups add-ins such as chocolate chips, berries, nuts, fruit, etc.
- Optional: 1/2-1 teaspoon ground cinnamon, coarse sugar, and toppings such as vanilla icing, salted caramel, lemon icing, maple icing, brown butter icing, lemon curd, orange icing, raspberry icing, dusting of confectioners' sugar



Instructions:



Read through the recipe before beginning. Butter must be frozen before beginning recipe.

1. Whisk flour, sugar, salt and baking powder together in a large bowl. Grate the frozen butter using a box grater.



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Instructions Continued:



2. Add butter to the flour mixture and combine with a pastry cutter, two forks, or your fingers until the mixture comes together in pea-sized crumbs. Place in the refrigerator or freezer as you mix the wet ingredients together.



3. Whisk 1/2 cup heavy cream, the egg and vanilla extract together in a small bowl.



4. Drizzle over the flour mixture, add the add-ins then mix together until everything appears moistened.



5. Pour onto the counter and, with floured hands, work dough into a ball as best you can. Dough will be sticky. If it's too sticky, add a little more flour. If it seems too dry, add 1-2 more tablespoons heavy cream.



6. Press into an 8-inch disc and cut into 8 wedges. For smaller scones, press dough into two 5-inch discs and cut each into 8 wedges.



7. Place scones on a plate or lined baking sheet. Refrigerate for at least 15 minutes. Meanwhile, preheat oven to 400°F.



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Instructions Continued:



8. After refrigeration, brush scones with remaining heavy cream and for extra crunch, sprinkle with coarse sugar.



9. Bake for 18-25 minutes or until golden brown around the edges and lightly browned on top. Larger scones take closer to 25 minutes. Remove from the oven and cool for a few minutes before adding optional toppings.

*Notes:

*Leftover scones keep well at room temperature for two days or in the refrigerator for five days.

*If adding fruit, use fresh or frozen. If frozen, do not thaw. Peel fruits such as apples, peaches or pears before chopping.

*Overnight Instructions: Prepare scones through step 5. Cover and refrigerate overnight. Continue with the recipe the following day.

*Over-Spreading: Start with very cold scone dough. Expect some spread, but if the scones are over-spreading as they bake, remove from the oven and press back into its triangle shape (or whatever shape) using a rubber spatula.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with [#FoodFun4H](#)

