



Buttermilk Scones

with Variations

Basic Scones

<p>Preheat oven to 450° Line a baking sheet with parchment. (Optional: soak ¾ cup currants or raisins in hot water for 5 minutes)</p>	
<p>Sift together in a large mixing bowl:</p>	<p>3 cups all-purpose flour, or use ½ AP and ½ wheat pastry flour 1 Tablespoon brown sugar 2 teaspoons baking powder ½ teaspoon baking soda ½ teaspoon salt</p>
<p>Rub into the mixture:</p>	<p>3 Tablespoons cold unsalted butter, cut into small cubes</p>
<p>(Optional: mix in drained raisins or currants now)</p>	
<p>In a cup measure, beat together:</p>	<p>1 egg Buttermilk to fill the cup</p>
<p>Make a well in the center of dry mixture, and with a wooden spoon or one hand, gently incorporate the liquid ingredients into the dry, working the dough as little as possible, until all liquid is absorbed. If too dry, gradually add small amounts of buttermilk, until the dough just pulls together and is still soft.</p>	
<p>With floured hands, quickly turn dough out onto a lightly-floured surface, and pat into a circle about 1 ¼ inches high. Do not knead or the dough will become tough. Transfer the disc to baking sheet. (Optional: chill dough for 10-15 minutes to prevent over-spreading. I don't always have time for this!)</p>	
<p>Cut dough into 8 even wedges, separating so they're not touching. Glaze if desired with beaten egg and/or granulated sugar. Bake 9-12 minutes in bottom third of oven until browned. When done, scone will be brown on the bottom and sound hollow when tapped. Do not overbake.</p>	

Scone Variations

Blueberry: To the dry mixture, add 1 teaspoon grated lemon rind, 1 teaspoon cinnamon, ½ teaspoon nutmeg, pinch of ground clove (optional). Gently fold in about ¾ cup fresh blueberries, washed & picked over. To the egg/buttermilk mixture, add the juice of ½ lemon. Make a drizzle of confectioner's sugar and milk to apply after baking when scones are slightly cool.

Pear/Ginger: To the dry mixture, add ½ teaspoon powdered ginger, ½ teaspoon nutmeg, and 1 teaspoon grated fresh ginger. Gently fold in about ¾ cup fresh pear, peeled and cubed. Brush tops with buttermilk and press in 3 Tablespoons sliced almonds.

Cranberry/Walnut: To the dry mixture, add ½ teaspoon nutmeg, ¼ teaspoon ground cardamom, 1 Tablespoon finely grated orange rind, ½ cup raisins that have been steeped in warm water and drained, and ¼ cup chopped walnuts. To the egg/buttermilk mixture, add about 2 Tablespoons fresh-squeezed orange juice and a dash of vanilla. Before baking, sprinkle on a streusel topping: small amount of butter and brown sugar, nutmeg and cardamom.

Other variations:

Apple/cinnamon with caramel drizzle topping

Lemon/poppy seed

Banana-bread style: mashed banana, walnuts, cinnamon

Cheddar: omit sugar and add a pinch of black pepper, 1 teaspoon smoked paprika or cayenne pepper to dry ingredients: good with soup

Goat cheese with chive: as above – no sugar; about 4 oz. crumbled goat cheese, ¼ cup chopped chives, 2 Tablespoons chopped sun-dried tomatoes (I make these as tiny hors d'oeuvres). Can use plain whole-milk yogurt in place of buttermilk.

Pantry scones: whatever you have on hand....