



THE FRONT BURNER

RECIPES, COOKING TIPS & MORE FROM THE CULINARY SUPERSTORE

Blueberry & Lemon Scones

Makes 8 scones

The fresh blueberries burst with flavor when baked in these scones, and are further punctuated with a sweet, lemon glaze. With a food processor, the scones are mixed in just a few minutes and are ready to eat straight from the oven. We recommend these scones for a proper afternoon tea, but find them equally suitable for breakfast or a weekend brunch.

Ingredients:

2 cups all-purpose flour
3 tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
6 tablespoons unsalted butter, extra cold and grated
1 cup fresh blueberries
1 cup whole buttermilk
2 large eggs (one egg for the scone dough, one egg whisked to brush the tops of the scones)
1 teaspoon vanilla extract
1 teaspoon lemon zest
1 teaspoon lemon juice

Glaze Ingredients:

1 cup confectioners' sugar, sifted
2-3 tablespoons fresh lemon juice
garnish tops of baked, glazed scones with additional lemon zest

Directions:

1. Preheat the oven to 425 degrees F.
2. Measure all of the dry ingredients (flour, sugar, baking powder, baking soda, salt) together in a large bowl. Mix the dry ingredients well so that all elements are evenly distributed across the mixture. If mixing the scones by hand, a whisk or broad spatula will accomplish the job easily. If mixing with a food processor, pulse the dry ingredients a couple of times to mix the dry components.
3. Grate very cold butter with a coarse grater. If mixing scones by hand, the butter may be incorporated into the flour by (1) using a pastry blender, (2) employing two knives in a scissors motion, or (3) by hand with quick pressing motion. If mixing with a food processor, add the grated butter to the flour mixture in the work bowl. Pulse a few times until a coarse crumb results.

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4. Add, by hand, the blueberries and lemon zest to the dry mixture, and stir until evenly distributed.
5. Whisk together the buttermilk, egg, lemon juice, and vanilla extract in a separate bowl. From here, we suggest mixing scones by hand. Add the liquid all at once to the dry ingredients in a large mixing bowl. Mix using a folding motion with a large spatula. Do not over mix; the dough will be shaggy in character. Turn the dough and scraps out onto a lightly-floured working surface.
6. Using a light touch, bring the dough and loose scraps together, and gently gather into a single mass. Push the dough around a bit, folding it over 5-6 times. That's it, no more. Too much kneading will activate the gluten in the flour and result in a tougher scone. Use just enough flour to keep things from sticking, but as little as possible.
7. Pat the dough into a circle with a thickness of about 3/4-inch to 1-inch. Use a dough cutter to cut the dough into 8 wedges. Brush the scones with an egg wash. Place the scones a few inches apart on a parchment-lined baking pan on the middle rack of the oven – if too low, the bottoms may darken; if too high, the tops may brown too quickly. Bake for 13-15 minutes.
8. While the scones cool. Whisk the glaze ingredients together, adding the lemon juice slowly until a good drizzling consistency is achieved. Use a whisk to drizzle the lemon glaze on the scones. If desired, sprinkle additional lemon zest on top of the glazed scones. Enjoy while still slightly warm.