



In the Kitchen

with Barb Agee

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Scones at Home

Scones which originated in Scotland and associated with high tea were often rather plain. Today scones are often eaten for breakfast with coffee or tea and jam and butter. More recently home bakers and specialty bakeries are embellishing scones by adding nuts, chocolate chips, fruits and many other enticing ingredients.

Candied Orange and Golden Raisin Scones

- ½ cup diced candied orange peel
- ½ cup golden raisins
- 1 teaspoon finely grated orange zest
- ¼ cup Grand Marnier or other orange flavored liqueur
- 2 cups cake flour, sifted
- 1½ cups all-purpose flour, plus more for rolling out
- 1 stick cold unsalted butter, cut into small pieces
- ¼ cup plus 2 tablespoons granulated sugar
- 1 tablespoon plus 2 teaspoons baking powder
- 1 teaspoon Kosher salt
- 1 cup cold heavy cream
- 1 large whole egg plus 1 large egg, separated



The day before, mix together candied orange peel, raisin, orange zest and liqueur. Cover and refrigerate until ready to use.

Preheat oven to 350°F. Whisk flours together in a large mixing bowl. Transfer half of flour mixture to the food processor; add butter. Pulse to cut in butter (largest pieces should be the size of small peas).

In the bowl of remaining flour mixture, add sugar, baking powder and salt. Whisk together. Add the flour butter mixture to the large bowl. With a pastry blender or fingers work the flour butter mixture in until mixture resembles coarse meal.

Whisk together cream, whole egg and egg yolk. Make a well in the center of flour mixture. Pour in half of the cream ingredients. Draw dry ingredients over wet ingredients with a rubber spatula, scraping bottom of the bowl to incorporate all dry ingredients. Add remaining cream mixture and gently mix just until incorporated.

Turn out dough onto a lightly floured work surface and press dough into a 6x9-inch rectangle. Sprinkle with dried-fruit mixture evenly over dough. With short side facing you, fold rectangle into thirds. Rotate dough a quarter of a turn. Roll out dough to a 6x9-inch rectangle, fold and rotate again. Pat dough into a ¼-inch thick rectangle with floured hands, and cut out 2-inch rounds. Place scones 2-inches apart on parchment lined baking sheets. Lightly beat egg white and brush tops; sprinkle with sugar.

Bake until golden brown, about 25 minutes. Let cool on sheets for 3 minutes. Serve warm or room temperature.

Apple and Oats Scones with Cinnamon and Nutmeg

1½ cups all purpose flour, plus more for rolling
1½ cups old-fashioned rolled oats, plus more for topping
¼ cup plus 2 tablespoons light-brown sugar
½ teaspoon ground cinnamon
½ teaspoon freshly grated nutmeg
2 teaspoon baking powder
¾ teaspoon baking soda
½ teaspoon Kosher salt
1½ sticks cold unsalted butter, cut into pieces
1½ cups apples, cut into ¼-inch chunks
⅔ cold buttermilk, plus more for brushing
Granulated sugar for sprinkling

Preheat oven to 400°F.

Whisk together flour, oats, brown sugar, cinnamon, nutmeg, baking powder, baking soda and salt. Cut butter in with a pastry blender or rub in with your fingers. With your fingertips, flatten butter pieces into disks. Add apple and buttermilk, stirring until dough just comes together.

Turn out dough onto a lightly floured work surface. Pat dough into a 6x8-inch rectangle, and cut into 12 squares with a floured knife. Place about 2-inches apart on parchment lined baking sheet. Brush tops with buttermilk and sprinkle with sugar and oats.

Bake until golden brown approximately 20 minutes. Cool on sheets for 5 minutes. Serve warm or at room temperature.

Potato Scones

2 large russet potatoes, peeled and cut into large chunks
¾ stick (6 tablespoons) unsalted butter, room temperature, plus 2 teaspoons for skillet
1 cup all-purpose flour, plus more for rolling
½ teaspoon baking powder
1 teaspoon Kosher salt
¼ teaspoon pepper
¼ pound sharp white cheddar, diced small (about ⅓-inch)

Bring potatoes to a boil in a pot of lightly salted water. Reduce heat, and simmer until fork tender, 10 to 12 minutes. Drain well. While still warm, mash them until smooth (should be 2½ cups). Stir butter into the warm potatoes until combined well. Stir together flour, baking powder, salt and pepper; then stir into potatoes until just combined. Form dough into a ball on a lightly floured work surface. Cover with a dish towel and let cool for 20 minutes.

Dust rolling pin and work surface with flour, roll out dough to an 8x10-inch rectangle. Sprinkle with the cheese and fold to create a 4x10-inch rectangle. Gently roll to 8x10-inch rectangle. With a floured knife, cut dough into four 2½x4-inch rectangles, then cut each in half diagonally.

Heat a griddle or a large cast iron or non-stick skillet over medium heat, and add 1 teaspoon butter. When it has completely melted and is sizzling, cook 4 scones until golden brown and cheese has melted about 3 to 4 minutes per side. Keep scones warm in a 200°F oven while you cook the remaining dough.

Excellent served with cold applesauce.

