

Fresh Fruit Scones

At Stonehurst Place we cook with Organic ingredients whenever possible.

2 1/4 cups all-purpose flour
1 tablespoon aluminum-free baking powder
1/4 teaspoon baking soda
3/4 cup cold unsalted butter, cut into small pieces
1 1/2 cups diced fresh fruit, such as peaches, strawberries, blueberries or blackberries
3/4 cup buttermilk
1/3 cup sugar
1/2 teaspoon sea salt
2 tablespoons turbinado (raw) sugar
1 large egg, beaten
2 tablespoons heavy cream

Method

- 1.** Combine the flour, sugar, baking powder, salt, and baking soda in a large bowl and stir with a whisk to blend. Add the butter and cut it into the flour mixture with a pastry cutter to the size of peas. (I do all of this at the same time in a food processor but just pulsing so as to not over process. I also do this the night before, refrigerate, and then finish the next morning.)
- 2.** Make a well in the center of the flour/butter mixture in the bowl and gradually add the buttermilk to well in the flour mixture. I use a large spoon and pull the flour mixture from the rim to the center mixing lightly. Gently mix in the fruit with your hands, tossing more than stirring. Dough will appear to be dry and loose. Do not overwork the dough or add to much liquid as the scones will be dense and tough.
- 3.** Turn out onto a lightly floured surface and gently shape into two equal size round disk about 2 inches thick. Cut each round into eight wedges and place on a baking sheet lined with parchment paper (I just use a good true cooking baking sheet and spray with a baking oil). Place the wedges at least 2 inches apart on the prepared pan and refrigerate for 30 minutes.
- 4.** Preheat the oven to 375 F. Using a fork or small whisk, beat the egg and cream together in a small bowl. (I often omit the egg and just use the cream) Using a pastry brush, coat the top of each scone with the egg mixture and sprinkle with the turbinado sugar. Bake for 20-25 minutes until a light golden brown. Remove from the oven and transfer the scones to wire racks. Serve warm or at room temperature
- 5. *** Cook'nWithCaroline hints and suggestions:

"Use up odd amounts of berries even mixing varieties for a different scone. Chop into small pieces if large like strawberries but freeze the berries/pieces and add them to the dough frozen; they do not turn into mush and color the dough. Add some spices when you use other fruits, like a bit of cinnamon and nutmeg or even almond flavoring if you are using peaches.



Servings/Yield

16 scones

Difficulty



Categories

Biscuits & Breads

NUTRITION FACTS

Servings: 16
Amount Per Serving
Calories: 186

Total Fat: 9.31g
Cholesterol: 37mg
Sodium: 109mg
Total Carbs: 21.66g
Dietary Fiber: 0.71g
Sugars: 7.61g
Protein: 2.94g

This recipe works well as a savory scone just use scallions, fresh or dried herbs and even some good cheese instead of the 1/3 cup sugar and sprinkle the top with a coarse sea salt instead of the sugar.

This recipe works great by preparing as above but freeze the unbaked wedges on a cookie sheet. When solid, place in a freezer safe bag/container and freeze for up to 3 months. Remove from the freezer, brush with the egg/cream mixture, sprinkle the sugar on them and bake as directed. You do not need to thaw them. Perfect! "

Notes



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These moist fruit-filled scones can be served for breakfast or as shortcake with crème fraîche for dessert. The recipe adapts to the seasons – try figs in the summer/fall and creamy pears in winter. Get creative!"