

◆ Scones

Yield: 12 scones

Ingredients

2 cups all-purpose flour
 1/4 cup sugar
 1 tablespoon baking powder
 3/4 teaspoon salt
 1/3 cup butter or margarine, chilled
 1/2 cup of raisins or dried cherries, if desired
 1/2 cup milk
 1 egg, slightly beaten
 Extra flour for kneading
 1 tablespoon milk
 1 tablespoon sugar

Equipment

Flour sifter
 Mixing bowl
 Measuring cups, dry and liquid
 Measuring spoons
 Pastry blender or fork
 Baking sheet
 Knife
 Pastry brush

Order of Work

1. Preheat oven to 450 degrees F.
2. Sift flour once and then measure it. Add to mixing bowl. Add sugar, baking powder, and salt. Stir.
3. Measure the fat and add to flour mixture. Cut the fat into the flour mixture with the fork or pastry blender until well mixed. Add the raisins or dried cherries and stir.
4. Mix milk and egg together. Make a hole in the center of the flour. Slowly add milk mixture and stir just enough to wet the flour. The dough should be soft but not sticky.
5. Sprinkle 3-4 tablespoons of flour on a clean, dry surface and spread the flour with your hand. Turn dough onto the floured surface. Knead dough a few times. To knead the dough, rub some flour onto your hands. Use the heel of your hand, to push the dough away from you, and then fold it back over itself. Give the dough a little turn, push and turn again. Repeat 6-8 more times. Over-kneading the dough or adding too much flour will make the scones tough.
6. Divide the dough in half. Roll or pat one-half of the dough into a circle about 3/4-inch thick. If desired, brush with milk and lightly sprinkle with sugar. Dip the knife into the flour. Use the knife to cut the dough into 6 sections. Place the scones on ungreased baking sheet about 2 inches apart. Repeat with second half of dough.
7. Bake about 10-12 minutes or until golden brown.

Nutrition Facts per Scone: 165 calories, 6 g fat, 336 mg sodium, 26 g carbohydrate, 1 g fiber, 3 g protein, 44 mg calcium.

