

# Scrumptious Scones: A Terrific Treat That's Tempting With Tea

(NAPSA)—The sweet biscuit Americans know as a scone probably bears little resemblance to the original, but this popular treat is delicious—plain or embellished, with tea or on its own.

Scones can be flavored with fruit—lemon or orange, cherries, raisins, apricots and apples—to chocolate, cinnamon, coffee, coconut or ginger, from nuts and seeds to maple and even savory cheese and vegetables.

If you take tea with your scone, you can bake scones to complement a favorite tea. For example, Sue Gray, director of product development at King Arthur Flour, suggests adding dried peaches and nutmeg as a complement to Ginger Peach Tea.

The following is a basic scone recipe with variations of different dried fruits and spices. If you use suitable ingredients, such as King Arthur Unbleached All-Purpose Flour, and follow directions carefully, baking scrumptious scones should be a snap.

## Scrumptious Scones

- 3 cups King Arthur Unbleached All-Purpose Flour
- ½ cup sugar
- ¼ cup buttermilk powder
- ¾ tsp. salt
- 1 tbsp. baking powder
- ¾ cup currants, raisins, apricots or other dried fruit
- 2 eggs
- 2 tsp. vanilla extract
- ½ cup milk, buttermilk or water
- ½ cup cold butter, or a combination of shortening and butter
- 1 egg beaten with 1 tsp. water
- coarse sugar or cinnamon-sugar, for topping



In a medium mixing bowl, whisk together all of the dry ingredients, including the fruit. In a separate bowl, whisk together 2 eggs, vanilla and milk, buttermilk or water.

The next step, cutting in the fat, is important because this largely determines the texture of the scones. Use a combination of butter and shortening: butter for its flavor, shortening for its superior ability to create the “flaky” effect. Begin with cold fat, as cold fat retains its integrity in the dough better than warm. Use a pastry blender or fork to work the fat into the flour.

Next, add the liquid ingredients to the flour/fat mixture. Too much mixing or kneading at this point will result in tough, heavy scones. Gently fold everything together until the mixture is mostly moistened; a bit of the flour may remain dry.

Turn the dough out onto a lightly floured surface, and fold and gather it together until it's cohesive. Divide the dough in half, and place both halves on a lightly greased or parchment-lined baking sheet. Pat each half into a 7-inch circle approximately ½-inch thick, then cut each circle into 8 wedges. Separate the wedges slightly.

Or you may pat the entire piece of dough into a rectangle and cut it into squares or 1½- to 2-inch rounds, using a biscuit cutter.

Brush the scones with the beaten egg, sprinkle with coarse sugar or cinnamon sugar, if desired. Bake in a preheated 450°F oven for 7 minutes, then turn the oven off and, without opening the door, let the scones remain in the oven for an additional 8 to 10 minutes, or until they're golden brown. Remove from the oven, and cool on a wire rack.

Serve the scones immediately or within a few hours, for best flavor. Yield: 16 scones.

## Variations

- **Cranberry-Orange Scones:** Use cranberries as the added fruit, add 2 tbsp. grated orange zest or ½ tsp. orange oil to the dough, and use orange juice for the liquid.

- **Lemon-Poppy Seed Scones:** Add 3 tbsp. poppy seeds and ¼ to ½ tsp. lemon oil, or 2 tbsp. grated lemon zest, to the dough.

- **Cherry-Almond Scones:** Substitute 2 tsp. almond extract (or ¼ tsp. bitter almond oil) for the vanilla, and add ½ cup dried sweet or sour cherries to the dough.

- **Ginger-Chocolate Chip Scones:** Add ¼ cup finely diced crystallized ginger, and 1 tsp. ground ginger or 1 tsp. fresh crushed ginger to the dough, along with ½ cup chocolate chips.

- **Cinnamon-Pecan Scones:** Add ¾ cup chopped, toasted pecans to the dough, and substitute 2 tsp. ground cinnamon for the vanilla.

For more information, other great recipes or to order the flour, call 1-800-827-6836 or visit [www.kingarthurfLOUR.com](http://www.kingarthurfLOUR.com).