

# Scones

## Ingredients:

212 grams flour

1 TBS baking powder

½ tsp salt

50 grams sugar

71 grams dried fruit, i.e., currants or raisins

1 cup heavy cream

Scones are similar to biscuits, but they have their own distinct set of rules for mixing. Instead of butter, heavy cream is used in making scones to give them their characteristic crumbly texture.

Blend the dry ingredients and fruit together. Add the heavy cream and stir the mixture together until it's just blended, being careful not to overmix. It's best to do this blending by hand rather than in a machine to avoid making the dough tough.

Once the dough is blended and evenly moistened, it will be very soft. Again, wrap it in plastic and put it in the refrigerator for about 30 minutes.

Remove the dough from the refrigerator, press and roll it out, and cut it into wedges using a knife or a bench scraper. There's no waste with this cutting method, so you don't have to worry about rerolling the dough.

Transfer the wedges to a baking sheet, brush the tops with a little bit of milk (to keep them moist), and sprinkle them with sugar. The sugar not only adds sweetness but will give the baked scones a crunchy texture.

Again, bake the scones at a high temperature (**375°**) for a short time (15–20 minutes). Look for a golden, crunchy, sugary finish across the top. Note that scones will not puff up the way biscuits do, but they will be delightfully tender on the inside because of the heavy cream used in blending.

