



Scones

READY IN



30 min.

SERVINGS



8

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups cake flour (see note on substitution)
- 2.5 teaspoons double-acting baking powder
- 2.5 tablespoons sugar
- 0.8 teaspoon salt
- 0.5 cup butter unsalted cold cut into $\frac{1}{2}$ -inch pieces
- 1 large eggs
- 0.8 cup heavy whipping cream light (do not substitute milk or cream)
- 1 large eggs beaten
- 1 tablespoon little demerara sugar raw (also called sugar or turbinado; optional)

Equipment

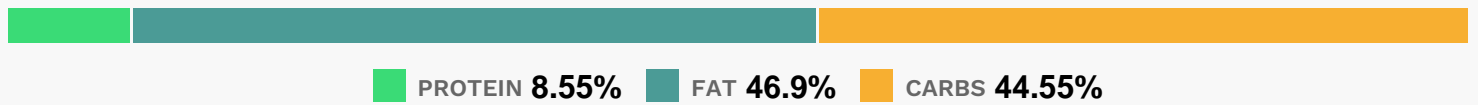
- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- spatula
- measuring cup

Directions

- Preheat the oven to 425°F and set an oven rack in the middle position. Line a baking sheet with parchment paper.
- In a large bowl, whisk together the flour, salt, baking powder and granulated sugar.
- Add the pieces of cold butter. Using your fingertips, rub the butter into the dry ingredients until the mixture resembles coarse crumbs with pea-size clumps of butter within.
- In a small bowl or liquid measuring cup, whisk together $\frac{1}{2}$ cup heavy cream and the egg. Make a well in center of dry ingredients, then pour the cream/egg mixture in. Using a rubber spatula, mix until the dough comes together into a mass. It should be a bit sticky but not so wet that you can't handle it with your hands. If it seems dry, add the remaining 2 tablespoons of cream.
- Dust a work surface lightly with flour, then dump the scone dough onto the surface; dust the dough with a bit of flour as well. Knead very gently a few times until the dough comes together into a ball. (
 Sprinkle more flour, little by little, if dough is too sticky to work with.) Press the dough into a flat circle about 7 inches in diameter and $\frac{3}{4}$ -inch thick, then use a sharp knife to cut into 8 even triangles.
- Transfer the wedges to the prepared baking sheet.
- Brush lightly with the beaten egg and sprinkle with the demerara sugar, if using.
- Bake for 11 to 13 minutes, until the tops are lightly golden and firm to the touch.
- Serve warm from the oven.

- Note: If you don't have cake flour, you can make your own: simply whisk together $1\frac{3}{4}$ cups all-purpose flour and $\frac{1}{4}$ cup cornstarch.
- Freezer-Friendly Instructions: To freeze before baking, place the raw scones on a baking sheet, let set in the freezer, then place in an airtight container and freeze for up to 3 months.
- Bake as needed directly from the freezer. (Allow 1 to 2 minutes longer in the oven.) To freeze after baking, let the scones cool completely and store in an airtight container for up to 3 months. Before serving, remove the scones from the container and let them come to room temperature. (If you have the option to freeze the scones before or after baking them, you will get the best results if you freeze before baking.)

Nutrition Facts



Properties

Glycemic Index:28.64, Glycemic Load:17.62, Inflammation Score:-3, Nutrition Score:4.6591304436974%

Nutrients (% of daily need)

Calories: 253.82kcal (12.69%), Fat: 13.26g (20.4%), Saturated Fat: 7.78g (48.61%), Carbohydrates: 28.35g (9.45%), Net Carbohydrates: 27.59g (10.03%), Sugar: 5.38g (5.98%), Cholesterol: 77.11mg (25.7%), Sodium: 370.56mg (16.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Selenium: 16.41µg (23.45%), Manganese: 0.25mg (12.66%), Calcium: 88.96mg (8.9%), Phosphorus: 85.92mg (8.59%), Vitamin A: 424.05IU (8.48%), Vitamin B2: 0.08mg (4.8%), Folate: 16.62µg (4.15%), Vitamin E: 0.59mg (3.91%), Iron: 0.65mg (3.61%), Vitamin B5: 0.34mg (3.44%), Copper: 0.07mg (3.44%), Vitamin D: 0.46µg (3.1%), Fiber: 0.75g (3.01%), Zinc: 0.44mg (2.94%), Magnesium: 9.98mg (2.49%), Vitamin B12: 0.14µg (2.26%), Vitamin B1: 0.03mg (2.05%), Vitamin B6: 0.03mg (1.66%), Vitamin B3: 0.33mg (1.64%), Potassium: 52.8mg (1.51%), Vitamin K: 1.13µg (1.07%)