

Apple buttermilk scone round

Author: Recipe according to Linda Collister's Morning Bakes

Source: *Beurre et pain*

***Carolyn T's
Cookbook***

Servings: 8



**1 large apple, Granny Smith preferably
2 1/4 cups all-purpose flour, plus extra for
dusting**

1 teaspoon soda

1/3 cup sugar, plus extra for sprinkling

**4 tablespoons unsalted butter, chilled and
diced**

**1/2 cup buttermilk, plus 4 teaspoons, and
extra for brushing**

Categories: Breads

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

*Per Serving (excluding unknown items): 227 Calories;
6g Fat (24.9% calories from fat); 4g Protein; 39g
Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol;
18mg Sodium. Exchanges: 2 Grain(Starch); 0 Fruit; 0
Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.*

Notes: Don't overcook this as it will get too dry. Original recipe called for some whole wheat flour - if you choose to use it, substitute about 1/2 cup whole wheat for 1/2 cup all-purpose white.

Description:

1. Peel, core and coarsely chop the apple into 1/3 inch chunks. Mix the flours, soda and sugar in a food processor. Add the chilled cubes of butter and process until the mixture looks like fine crumbs. With the machine running, add the buttermilk through the feed tube to make a soft but not sticky dough.
2. Turn out onto a floured surface and knead in the apple chunks to form a coarse and bumpy dough. Shape into a ball and put in the middle of the prepared baking sheet. With floured fingers, pat into a 9-inch round. Brush lightly with buttermilk or milk to glaze, then sprinkle with a little Demerara sugar to give a crunchy surface. Using a sharp knife, score the round into 8 wedges. Bake in a preheated oven at 400° F. for about 20-25 minutes until lightly golden and firm to the touch.
3. Cool on a wire rack. Eat warm, immediately or within 24 hours. The scones are also good split and toasted. When thoroughly cooled, they can be wrapped then frozen for up to 1 month.