

## Wednesday Breakfast Scones

Author: Anne Hughes, of Anne Hughes Kitchen Table Cafe, Portland, OR

Source: Portland Oregonian, 4/25/2004

Carolyn T's  
Internet  
Cookbook

Servings: 8



- 3 cups all-purpose flour**
- 1 tablespoon baking powder**
- 1/2 teaspoon baking soda**
- 1/3 cup granulated sugar**
- 1 tablespoon sugar, to sprinkle on top**
- 3/4 teaspoon salt**
- 3/4 cup unsalted butter, cold, cut into small cubes**
- 1 cup buttermilk**
- 3 teaspoons lemon zest, from about 2 lemons**
- 1 tablespoon heavy cream**

**Blog: Carolyn T's Blog:**  
<http://tastingspoons.com>

*Per Serving (excluding unknown items): 382 Calories; 19g Fat (43.8% calories from fat); 6g Protein; 48g Carbohydrate; 1g Dietary Fiber; 50mg Cholesterol; 498mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 1/2 Other Carbohydrates.*

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*Notes: This makes a very ample 8-10 servings, cut into wedges. If desired, this can be made using a pastry blender. Sally at Rose Cottage likes to freeze the butter first and tries to leave some flakes of butter visible as she's mixing. You can also add fruit of your choice (Sally served it with blueberries sprinkled throughout).*

*Description: Light and tall scones. Just delicious*

1. Preheat oven to 400. Set aside an ungreased baking sheet (lined with parchment).
2. In a food processor fitted with the metal blade, add the flour, baking powder, soda, 1/3 cup sugar and salt. Process with 6-8 one second pulses.. Remove the cover and evenly distribute the butter over the dry ingredients. Cover and pulse until the mixture resembles coarse meal with a few slightly larger butter lumps (about 16-20 one second pulses).
3. Transfer the mixture to a large bowl. Add the buttermilk and half the lemon zest; use a wooden spoon to stir until mixture begins to form a dough, about 30 seconds.
- 4..Transfer the dough to a floured surface and divide into two equal balls. Use a rolling pin to lightly roll each half into a circle about 7 inches in diameter. Sprinkle the remaining lemon zest over both circles and use the rolling pin to lightly press the zest into the dough, then fold each circle in half (making a half circle), then cut each into 4 wedges.
5. Place the wedges on the prepared baking sheet.
6. If desired, glaze the scones by brushing tops with the heavy cream and sprinkling with the remaining one T. of sugar.
7. Bake until the scone tops are golden brown, about 18-23 minutes. Cool on a wire rack for 10 minutes to firm up. Serve warm if possible.