

Buttermilk Scones with Apricots and Orange Zest

Adapted slightly from Sunset, Breakfast & Brunch



Servings: 18

3 cups all-purpose flour
3/4 cup cold butter, cut in small bits
[1 1/2 cubes]
1/3 cup sugar
3/4 cup dried apricots, finely
chopped, or dates or currants [in
original recipe]
1/2 teaspoon baking soda
2 teaspoons grated orange peel,
[original recipe used 1 teaspoon]
2 1/2 teaspoons baking powder
1 cup buttermilk
3/4 teaspoon salt
TOPPING:
1 tablespoon half and half
1/4 teaspoon ground cinnamon
2 tablespoons sugar

1. Preheat oven to 425°. In a large bowl, stir together flour, sugar, baking powder, soda and salt.
2. Using a pastry blender, cut butter into flour mixture until it resembles coarse cornmeal; stir in dried fruit and orange peel.
3. Make a well in the center of the mixture; add buttermilk all at once.
4. Stir with fork until dough cleans the sides of the bowl. Gather dough into a ball, and turn out onto a floured surface. Roll or pat into a 1/2 inch-thick circle. Cut out shapes using a 2½ inch cookie cutter.
5. Using a pastry brush, brush tops with cream and sprinkle with cinnamon sugar.
6. Bake for 12 minutes or until lightly browned.

Per Serving (excluding unknown items): 183 Calories; 8g Fat (39.3% calories from fat); 3g Protein; 25g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 285mg Sodium. Exchanges: 1 Grain(Starch); 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.