

Buttermilk Scones with Golden Raisins

Adapted from *Canadian Living Magazine*, June 1991



- 2 1/4 cups all-purpose flour
- 2 tablespoons sugar
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup butter, cold, cubed
- 1/2 cup golden raisins
- 1 cup buttermilk
- 1 whole egg, lightly beaten
- 2 tsp lemon rind, finely grated

Serving Ideas: Wonderful for tea or breakfast

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 10

Variations are easy with this recipe. Sometimes I substitute 1/2 cup of rolled oats for 1/2 cup of flour. Or, if you prefer, substitute other dried fruits: currants, dried cherries, cranberries, blueberries, or apricots. You could also add about 1 cup of shredded cheese (omit sugar and currants). Do NOT substitute any margarine in this recipe. These scones are a rich, buttery biscuit type, not dry, as some people prefer them. I particularly like scones using buttermilk as it makes a very tender crust.

1. Preheat oven to 425. In a large bowl stir together flour, sugar, baking powder, soda and salt. Using pastry blender, cut in butter until mixture resembles coarse crumbs. Stir in raisins and lemon rind.
2. Add buttermilk to mixture all at one time, stirring with fork to make soft, sticky dough. With very lightly floured hands, press dough into ball and on a lightly floured board knead gently 10 times (NO MORE!). Gently pat dough into 3/4 inch thick round. Using a floured biscuit cutter, cut out rounds (about 1-1/2 inches across) and place on ungreased baking sheet. Gather up scraps and form into more biscuit shapes.
3. Brush tops of scones with beaten egg and bake for 12-15 minutes or until golden brown. Remove to racks or serve immediately. Or, allow to cool and place in plastic bags and freeze. These scones stale quickly, so don't allow them to sit out for more than a few hours. Reheat in microwave, if necessary, for 15-20 seconds each.
4. Hints: When mixing ingredients, stir in liquid only until combined; overworking the dough makes it tough. Knead dough gently and pat out scraps only once to yield flaky results. Instead of throwing out the scraps, press them together into "cook's scones" - the not-so-perfect ones that YOU get to eat! Also, if you use a different brand of flour, you may find the scones will be too dry, so alter recipe accordingly. The dough needs to be fairly sticky. Most of the time I eliminate the egg wash.

Per Serving (excluding unknown items): 236 Calories; 10g Fat (38.5% calories from fat); 5g Protein; 32g Carbohydrate; 1g Dietary Fiber; 47mg Cholesterol; 419mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.