

Sarah's Ginger Scones

Author: From Sarah at Our House South County cooking school

Carolyn T's
Cookbook

Servings: 12



4 cups all-purpose flour
1/4 cup sugar
1 teaspoon salt
2 tablespoons baking powder
1/2 cup unsalted butter, cold, cut in tiny bits
1 3/4 cups buttermilk
1/4 cup candied ginger root, chopped, or more if desired
1 whole egg
1 teaspoon sugar, for top glaze

Serving Ideas: Be SURE to serve with clotted cream (Devon cream) and ginger preserves.

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 271 Calories; 9g Fat (29.3% calories from fat); 6g Protein; 42g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 467mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.

Description: Typical scones, but with candied ginger.

1. Preheat oven to 375 F.
2. Prepare silpat (or parchment) lined baking sheet (one large or two smaller ones). In a large mixing bowl, sift together the flour, sugar, baking powder and salt. Add butter and blend with a pastry cutter, or work the butter into the dry ingredients with your fingertips. Do this until it forms fine crumbs. (Alternately, use a pastry blender and cut and mix until the mixture is like fine crumbs.) Add the candied ginger and combine uniformly. Add the buttermilk and stir with a fork just until it comes together and forms a dough.
3. Turn the dough out onto a lightly floured work surface and knead for about one minute. Roll out to thickness desired (about 3/4 inch is best). Use biscuit cutter to cut rounds. Pat together the scraps and reroll to cut more. Place scones on the baking sheet and brush tops with egg mixed with the sugar. Bake for 20-25 minutes until puffed and golden on top. Serve immediately.