

Lavender White Chocolate Chip Scones

Adapted very slightly from Cups, a San Diego bakery

<http://www.utsandiego.com/news/2011/may/31/lavender-makes-scones-special/>



Servings: 12

2 1/2 cups all-purpose flour
2 tablespoons baking powder
2 tablespoons sugar
1 teaspoon sea salt
2 teaspoons culinary lavender buds
1 cup white chocolate chips, or chunks
1 cup unsalted butter, cut into cubes and chilled
1 1/4 cups heavy whipping cream, chilled

TOPPING:

1 egg, beaten
1 cup turbinado sugar (unprocessed sugar such as Sugar in the Raw)
1 teaspoon culinary lavender buds

1. Preheat oven to 400°.
2. Sift flour, baking powder, sugar and salt into a medium-sized bowl. Work the butter cubes into the dry ingredients with a pastry cutter (or you can use two knives) until it resembles loose crumbs. Add lavender buds and chocolate chips.
3. With a spoon, gently mix in the cream until just incorporated.
4. Pat the dough with your hands, forming a 7-inch circle. Cut into 6 to 8 wedges for traditional, triangular-shaped scones, or cut rounds with a 2-inch cutter for flat, round scones. (You can also scoop dough with an ice cream scoop to get nice, rounded scones; that's the method used at Cups. This latter is the method we used - the dough was very soft and loose, so the scones were flatter - but they were incredibly moist and soft.)
5. TOPPING: Mix sugar and lavender buds together, and place in airtight jar for one week before using.
6. Place the scones on a parchment or Silpat-lined cookie sheet, glaze with egg mixture and top with lavender sugar for a crunchy top.
7. Bake scones for 12 to 15 minutes; take them out of oven just as the tops begin to turn golden.

Per Serving (excluding unknown items): 498 Calories; 30g Fat (54.9% calories from fat); 5g Protein; 51g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 445mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 6 Fat; 2 Other Carbohydrates.