

Nutmeg Scones

Adapted slightly from Bon Appetit

Bon Appetit, December 2003

Internet address: <https://www.bonappetit.com/recipe/nutmeg-scented-scones>



Servings: 6

2 cups all purpose flour

1/3 cup brown sugar

2 teaspoons baking powder

*1 teaspoon grated nutmeg, freshly
grated, or use bottled ground nutmeg*

1/2 teaspoon baking soda

1/2 teaspoon salt

6 tablespoons unsalted butter, chilled

1 cup sour cream

*1-3 teaspoons of milk if needed for
dough pliability*

EGG WHITE GLAZE:

1 large egg white, beaten to blend with

2 teaspoons water (for glaze)

2 teaspoons sugar

1/4 teaspoon grated nutmeg

1. Preheat oven to 425°F. Combine flour, brown sugar, baking powder, 1 teaspoon nutmeg, baking soda, and salt in food processor; blend 10 seconds. Using on/off turns, cut in butter until mixture resembles coarse meal. Add sour cream. Using on/off turns, blend until moist clumps form. If the dough is too dry, add milk in 1-2 teaspoon portions until dough begins to come together.

2. Turn dough out onto floured work surface. Knead 4 turns to form ball. Roll out dough to 8-inch square (about 3/4 inch thick). Cut square into wedges. Or form into a rectangle and cut into squares.

3. Lightly whip the egg white - just enough to loosen the white. Brush on top of scones, then sprinkle with 2 teaspoons sugar and 1/4 teaspoon nutmeg.

4. Transfer to baking sheet, spacing 2 inches apart. Bake scones until tops are golden brown and tester inserted into center comes out clean, about 15-18 minutes. Transfer scones to rack and cool slightly. (Can be made 3 days ahead. Rewarm in 350°F oven 10 minutes, if desired.) If not eaten after 24 hours, freeze.

*Serve with clotted cream and
raspberry jam, or with unsalted butter*

Per Serving (excluding unknown items): 358 Calories; 18g Fat (45.5% calories from fat); 6g Protein; 43g Carbohydrate; 1g Dietary Fiber; 49mg Cholesterol; 443mg Sodium; 10g Total Sugars; 0mcg Vitamin D; 163mg Calcium; 2mg Iron; 109mg Potassium; 227mg Phosphorus. Exchanges: .