Apple Cheddar Scones

Slightly adapted from Smitten Kitchen blog



2 whole apples, about 1 pound, firm tart

1 1/2 cups all-purpose flour

1/4 cup sugar, plus 1 1/2 tablespoons for sprinkling on top

2 teaspoons baking powder

1/2 teaspoon salt, plus additional for egg wash

6 tablespoons unsalted butter, chilled and cut into 1/2-inch cubes

1/2 cup sharp cheddar cheese, shredded (white is recommended)

1/4 cup heavy cream

2 large eggs

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

Servings: 6

Do ahead: Scones are best the day they are baked. However, they can be made ahead of time and stored unbaked in the freezer until you need them. Simply brush them with the egg wash and sprinkle them with sugar, and bake them still frozen for just a couple extra minutes. This way they are always freshly baked when you want them. According to Smitten Kitchen, these scones were passable on day two and terrible on day three. We ate our at the first sitting. This recipe makes 6 large scones or 12 smaller one (see photo). If you use a sweeter apple, reduce the sugar in the batter.

1. Position a rack at the center of oven and preheat oven to 375 °F.
2. Peel and core apples, then cut them into wedges, then into small bite-sized pieces. Place them in a single layer on a baking sheet lined with parchment paper and bake them until they take on a little color and feel dry to the touch, about 20 minutes. They will be about half-baked. Remove the parchment paper from the baking sheet (with the apples on it) and allow them to cool completely, about 10 minutes. Leave oven on and allow baking sheet to cool.
3. Sift or whisk flour, sugar, baking powder and salt together. Set aside. Place butter in the bowl of an electric mixer with a paddle attachment, along with cooled apple chunks, cheese, cream and one egg. Sprinkle flour mixture over the top and mix on low speed until the dough just comes together. Do not overmix.
4. If you don't have a stand or hand mixer rub the cold butter into the flour mixture with your fingertips or with a pastry blender, hand-chop the apples coarsely and mix the rest together with a wooden spoon until combined. It might feel awkward, but it should all come together. Again, don't overmix it though it will be harder to do this by hand.
5. Generously flour your counter top and place the scone dough on top of it. Sprinkle with flour. Use a rolling pin to gently roll (or use your hands to pat) the dough into a 1 1/4-inch thick, 6-inch circle. Cut circle into 6 wedges or cut them into rounds or squares. Transfer them to the baking sheet that's been lined with a fresh piece of parchment paper, leaving at least 2 inches between each scone.
6. Beat remaining egg in a small bowl with a pinch of salt. Brush the scones with egg wash and sprinkle them with remaining tablespoon of sugar. Bake until firm and golden, about 20 minutes for the smaller cut shapes, or up to 30 minutes for the large wedges. With a spatula, lift them to a wire rack to cool for 10 minutes.

Per Serving (excluding unknown items): 372 Calories; 20g Fat (48.8% calories from fat); 8g Protein; 40g Carbohydrate; 2g Dietary Fiber; 125mg Cholesterol; 428mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 1/2 Other Carbohydrates.