

Scones

INGREDIENTS:

Dough Ingredients:

3 cups (448g) all purpose flour

Pinch of salt

2 tsp (8g) baking powder

1/2 tsp (4g) baking soda

1/2 cup (112g) cold cubed butter

1/2 cup (95g) heavy cream

3/4 cup (175g) whole milk

1/4 cup (58g) granulated sugar

Zest 1 lemon

Zest 1/2 blood orange

Blood Orange Glaze:

1 cup (150g) powdered sugar

Juice 1 blood orange (43g)

INSTRUCTIONS:

Method:

- . Cut cold butter into cubes. Place back into the fridge until needed.
- . In a large bowl with all-purpose flour, add sugar, baking powder, baking soda, salt. Whisk together until incorporated. Next add the zest of half a blood-orange.
- . Take the chilled butter from the fridge and add to the flour fixture. Using your hands, incorporate and break apart the butter until left with pea-sized bits.
- . To that mixture, add heavy whipping cream and whole milk. Using a wooden spoon, carefully mix until it begins to form a dough. Make sure to not over mix.
- . Once it starts to come together, use your hands to fold the dough over itself and lightly press it into itself. Knead until it comes together.
- . Lightly flour a work surface and turn your dough out onto it. Gently pat dough into a 9-inch long rectangle. Fold into thirds, rotate 90 degrees and press out again into the rectangle. Fold into thirds again, rotate it 90 degrees and press out one more time.
- . Form dough back into a circular disc, $\frac{3}{4}$ of an inch thick.
- . Just like a pizza, cut dough into 8 equal triangles. Arrange pieces on a parchment lined baking sheet. Using a brush, lightly brush the top of your scones with heavy cream.

- . Bake scones in an oven preheated to 450 degrees Fahrenheit for 15-18 minutes or until the tops of them are golden brown.

Glaze Method:

- . Combine powdered sugar, and juice from a blood orange in a bowl and whisk together until incorporated.