

Trista's (KC2TNJ's XYL) Simple Scones

2 cups all-purpose flour
1/3 cup plus 1 teaspoon Sugar
1 teaspoon baking powder
¼ teaspoon Baking soda
½ teaspoon salt
8 tablespoons (1 stick) unsalted butter, frozen
½ cup raisins (or dried currants)
½ cup sour cream
1 large egg

Adjust oven rack to lower-middle position and preheat oven to 400 degrees.

In medium bowl, mix flour, 1/3 cup sugar, baking powder, baking soda, and salt. Grate butter into flour mixture on the large holes of the box grater; use your fingers to work in butter (mixture should resemble coarse meal), then stir in raisins.

In a small bowl, whisk sour cream and egg until smooth.

Using a fork, stir sour cream mixture into flour mixture until large dough clumps form. Use your hands to press the dough against the bowl into a ball. (The dough will be sticky in places, and there may not seem to be enough liquid at first, but as you press, the dough will come together.)

Place on a lightly floured surface and pat into a 7 to 8 inch circle about ¾ inch thick. Sprinkle with remaining 1 teaspoon of sugar. Use a sharp knife to cut into 8 triangles; place on cookie sheet (preferably lined with parchment paper), about 1 inch apart. Bake until golden, about 15 to 17 minutes. Cool for 5 minutes and serve warm or at room temperature.

Yield: 8 scones

Per scone: 317 calories, 5g protein, 41g carbohydrates, 15g fat (9g saturated), 1g fiber, 263mg sodium.

Cranberry-Orange Scones

Follow the recipe for Simple Scones, adding a generous teaspoon of finely grated orange rind (zest) to the dry ingredients and substituting dried cranberries for the raisins.

Lemon-Blueberry Scones

Follow the recipe for Simple Scones, adding a generous teaspoon of finely grated lemon rind (zest) to the dry ingredients and substituting dried blueberries for the raisins.

Cherry-Almond Scones

Follow the recipe for Simple Scones, adding ½ teaspoon almond extract to the sour cream mixture and substituting dried cherries for the raisins.