

Yield: 9 **Author:** MK McClintock (mkmclintock.com)



Lemon-Blueberry Scones

Prep time: 15 M Cook time: 14 M Total time: 29 M

These scones are a combination of British-style and American-style, with a light and fluffy base and the addition of blueberries, lemon, and a glaze. Before you get started, be sure you have all the tools and ingredients you will need.

INGREDIENTS:

For the Scones

- 2 cups all-purpose, unbleached flour, leveled
- 4 tsp baking powder
- 1/2 tsp sea salt
- 1/4 cup granulated sugar
- 1 Tbs lemon zest (approx 1 large lemon; you will use the juice for the glaze)
- 6 Tbs unsalted butter at room temperature
- 2/3 cup + 3 Tbs heavy cream
- 1 large egg
- 1 tsp pure lemon extract
- 1 1/2 tsp pure vanilla extract
- 1 cup fresh blueberries (do not use frozen unless they have been defrosted and drained)

For the Glaze

- 1 cup powdered sugar
- 3 Tbs fresh lemon juice (approx 1 large lemon)

INSTRUCTIONS:

For the Scones

1. Preheat oven to 425°F, and prepare a baking sheet with parchment paper.

2. A food processor was used to create a fine, sandy texture when combining the dry ingredients and the butter. You may use a pastry cutter, your fingers, or a hand mixer instead of a processor.
3. If using a food processor, follow the instructions for your model.
4. Combine all dry ingredients (flour, baking powder, salt, sugar, lemon zest) in the processor and pulse a few times to combine.
5. Cut the room temperature butter into chunks and distribute evenly over the flour mixture in the processor. Pulse 10 times to create a nice, sandy texture. No butter chunks should be visible.
6. Transfer to a large mixing bowl. Gently fold in the cup of blueberries and coat with the flour mixture.
7. In a smaller bowl, whisk together the 2/3 cup + 2 Tbs of the heavy cream, lemon extract, vanilla extract, and egg. Save 1 Tbs of the cream for later.
8. Pour the cream mixture over the dry mixture. At this point, you want to use a spatula to gently combine. The dough may look a little crumbly, but it will be soft.
9. Using your hands, knead 2-3 times in the bowl to gather up any loose flour mixture.
10. Transfer to a lightly floured surface and gently knead 8-10 more times. Keep the pressure light when kneading to avoid a tough dough.
11. Roll the dough out to 1-inch thickness. Using a 2.5-inch cutter, cut out 6-7 circles. You will need to re-roll the scraps to cut out another 2-3 circles.
12. Place the circles evenly over a parchment lined baking sheet. Brush the tops with the 1 Tbs of heavy cream. 1 Tbs of cream should be enough for all the scones.
13. Bake the scones for 13-15 minutes. Oven times vary so check after 13 minutes. In our oven, 15 minutes worked best. The tops should be golden brown.
14. Remove from the oven and cool on a wire rack. We like to slide the parchment from the baking sheet on the wire rack. This way, when we put on the glaze, any drips remain on the parchment.

For the Glaze

1. Whisk together the 3 Tbs of lemon juice (from the large lemon) with the powdered sugar.
2. Allow the scones to cool 5-10 minutes.
3. Using a pastry brush, spread the glaze over each scone. You should end up using all of the glaze.
4. Allow the glaze to set for 1-2 minutes before serving.

NOTES:

- It should be noted that this same recipe can be made without the blueberries, zest, extracts, or glaze. The result will be a more-biscuit like scone (British-style) that is equally tasty with cream, butter, or preserves.

- While other berries can be substituted for the blueberries, they may not turn out the same without modifying liquid and flour measurements.

- These scones can be stored in an air-tight container for up to 5 days, though we find they are best eaten or frozen within 3 days. They freeze well, and defrost best at room temperature.

Calories	Fat (grams)	Sat. Fat (grams)	Carbs (grams)	Fiber (grams)
278.10	10.34	6.15	42.68	1.24
Net carbs	Sugar (grams)	Protein (grams)	Sodium (milligrams)	Cholesterol (grams)
41.45	19.69	3.94	357.39	46.63

Nutritional info is approximate and may vary based on the type of ingredients used. If you have specific dietary needs or restrictions, you may need to calculate the nutritional info based on the exact ingredients you use. Without the blueberries, zest, extracts, and glaze, the calorie, carbs, sugar, and fat content will decrease.