

BLUEBERRY LEMON PECAN SCONES

A Writer in the Kitchen with MK McClintock

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



Prep time: 16 M

Cook time: 15 M

Total time: 31 M

Yield: 9

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)
- ◆ 1/2 cup chopped pecans, plus a few as garnish, if desired
- ◆ 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 at room

temp 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, but you want to achieve the fine texture. If using a food processor, follow the instructions for your model.
3. Combine all dry ingredients (flour, baking powder, salt, sugar, lemon zest) in the processor and pulse a few times to combine. Add the chopped pecans and pulse 10-12 times to really grind up the pecans.
4. 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, no matter how you are combining the ingredients.
5. Transfer to a large mixing bowl.
6. 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.
7. Pour the cream mixture over the dry mixture. At this point, you want to use a spatula to combine the mixes halfway. Meaning, don't form the ball of dough yet. Add the cup of blueberries evenly, and then continue to gently combine using a spatula. The dough will look a little crumbly, but it will be soft.
8. Using your hands, knead 2-3 times in the bowl to gather up any loose flour mixture.
9. Transfer to a lightly floured surface and gently knead 8-10 more times. Keep the pressure light when kneading to avoid a tough dough.
10. 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.
11. 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.
12. Bake the scones for 14-16 minutes. Oven times vary so check at 14 minutes. In our oven, 16 minutes worked best for this pecan variation. The top edges should be golden brown.
13. 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. If using extra pecans as garnish, sprinkle them over the scones before the glaze sets.
5. Allow the glaze to set for 2-3 minutes before serving.

Nutritional info 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, pecans, extracts, and glaze, the calorie, carbs, sugar, and fat content will decrease.