

BLACKBERRY COCONUT SCONES

A Writer in the Kitchen with MK McClintock

These scones are a combination of British-style and American-style, with a light base and the addition of blackberries, lightly toasted coconut, 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: 9-11

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 (can be reduced by 1/2 if preferred)
- 6 Tbs unsalted butter at room temperature
- 2/3 cup + 3 Tbs heavy cream (set aside 1 of the Tbs of the cream)
- 1 large egg
- 1 tsp coconut extract or flavor
- 1 1/2 tsp pure vanilla extract
- 1 cup shredded coconut, toasted (see below)
- 1 cup fresh blackberries (do not use frozen unless they have been defrosted at room temp and drained)

For the Glaze

- 1 cup powdered sugar
- 1 tsp coconut extract or flavor
- 3 Tbs milk (I like to use skim)

INSTRUCTIONS:

For the Scones

1. Preheat oven to 425°F, and prepare a baking sheet with parchment paper.
2. Spread the coconut evenly over the parchment 425°F and toast at for 4 minutes. Except for the edges, it won't look toasted at first glance. That's okay, the flavor is there. Once toasted, pour coconut into a small bowl and mix up a bit. You can use the same baking sheet for the scones.
3. 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.
4. Combine the flour, baking powder, salt, and sugar 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, no matter how you are combining the ingredients.
6. Transfer to a large mixing bowl.
7. In a smaller bowl, whisk together the 2/3 cup + 2 Tbs of the heavy cream, coconut extract, and egg. Save 1 Tbs of the cream for later.
8. Mix ¾ cup of the toasted coconut in with the dry ingredients. Save ¼ cup for topping.
9. Gently fold the 1 cup of blackberries into the flour mixture, making sure to cover all the berries with flour.
10. Pour the cream mixture over the dry mixture. The dough may look a little crumbly, but it will be soft.
11. Using your hands, or a floured spatula if your prefer, knead 2-3 times in the bowl to gather up any loose flour. At this point the dough may be a little sticky because of the blackberries. That's okay.
12. Transfer to a lightly floured surface and gently knead 8-10 more times. Keep the pressure light when kneading to avoid a tough dough. Use extra flour, 1 tsp at a time, if needed.
13. 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. I usually get one

or two extra scones.

14. 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.
15. Bake the scones for 14 -16 minutes. Oven times vary, so check after 14 minutes. In our oven, 16 minutes worked best for this variation. The top edges should be golden brown.
16. Remove from the oven and cool on a wire rack. I like to slide the parchment from the baking sheet on the wire rack. This way, when I put on the glaze, any drips remain on the parchment.

For the Glaze

1. Whisk together the 1 tsp coconut extract and 3 Tbs milk with the powdered sugar.
2. Allow the scones to cool for 10 minutes.
3. Using a pastry brush, spread the glaze over each scone. You should end up using all the glaze.
4. If using the extra the ¼ cup toasted coconut as garnish, sprinkle it over the scones before the glaze sets.
5. Allow the glaze to set for 3-5 minutes before serving. They warm well for 10 seconds in the microwave.

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.

Substitutions:

- Earth Balance Vegan Baking Sticks (or similar) can be substituted for the butter. I've used these in many recipes with great results. The finished product may look or taste slightly different, but enough to worry about.
- I have never tried heavy cream substitute with scones, so I cannot say how they will turn out, but the consistency would definitely be different.
- Coconut or other non-dairy milks could be substituted for the milk in the glaze.