

Strawberry and Cream Scones



Ingredients

1 cup of finely chopped fresh Florida Strawberries, approximately 8-10 berries
3 tbsp. granulated sugar
12 oz. pastry flour
12 oz. bread flour
(or 24 oz. all purpose flour)
3 oz. brown sugar
1 tsp. salt
3 tbsp. baking powder
2 sticks unsalted butter, cubed and chilled
2 eggs, beaten
8-10 oz. heavy cream
¼ tsp. vanilla
1 egg beaten with 1 tbsp. of milk or cream (egg wash)
granulated sugar for sprinkling

Procedure

1. Preheat the oven to 425°F.
2. Chop strawberries small, and mix with granulated sugar. Mix well and set aside.
3. In a large bowl, sift together the flours, brown sugar salt, and baking powder.
4. Rub in the butter until there are large pea-sized chunks.
5. Mix in macerated strawberries. Add eggs and vanilla and mix in. Mix in cream until the dough just comes together. Small patches of dry are ok. The dough should not be soggy.

6. Turn the dough out onto a slightly floured surface. Pat the dough out flat. Then fold it in half, and then half again (in fours).
7. Using a rolling pin if desired, slightly roll out the dough until 1/2" thick approximately.
8. Using a knife or bench scraper cut the dough into diamonds or squares or triangles. (This is one of the characteristics of a scone- the angles. As opposed to biscuits, which are round).
9. Lay the scones out on a parchment lined cookie sheet so there is about 1/2 inch in between them. Refrigerate for at least 30 minutes. (This ensures the fat has set up properly and the scone will keep its shape in the oven.)
10. Brush the scones with the egg wash and sprinkle with sugar.
11. Bake for 15-20 minutes, or until the dough is set, and the edges are turning slightly brown.

Makes approximately 20 scones, depending on size.

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