



Recipe: Apple Scones

Makes about 1 dozen scones

With Apple Harvest underway there's no time like the present to use all those delicious apples in your baking. Try making Apple Scones for that delicious baked apple flavor. Best of all, you can make them and then freeze them and always have fresh-baked apple flavors to serve your family and friends.

This dough is a little tricky when it's humid! With the moisture in the apples and the moisture in the air you may need to add up to a full cup more flour to get your dough to hold together. Do not give up and don't despair. Just add a little bit of flour at a time, work it in, and then either spoon round scones onto your prepared sheet, or roll the dough out into a circle and cut into triangles. Either way, the apples are the star of this easy pastry treat!

Ingredients

1 ½ cups white whole wheat flour
1 cup oat flour (made by processing steel cut oats or rolled outs in a food processor until well ground)
1/2 cup all purpose flour, plus more as needed to bring dough together, and then for dusting your work surface
1/2 cup sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon cinnamon
1/4 teaspoon fresh grated nutmeg
1/2 teaspoon salt
1/2 cup butter (1 stick) cut into cubes and well chilled
1 cup peeled, diced fresh apple (from 1 large apple)
Juice and zest from half of a lemon
1/2 cup buttermilk, plus additional for glaze
1/4 cup applesauce
1 egg

Preparation

Preheat the oven to 375° F. Line a large rimmed sheet pan with parchment paper and set aside.

In the bowl of a food processor fitted with a metal blade, combine the dry ingredients (flours through salt) and pulse until mixed. Add in the butter and process until the dough resembles oatmeal and is just beginning to come together. Add the apples, the lemon juice and zest and pulse three or four times to mix in. In a separate small bowl combine



the buttermilk applesauce and egg. Turn the food processor on and add the buttermilk mixture. Process briefly so that the dough begins to come together.

Turn the dough out onto a lightly floured surface and knead a few times to bring the dough together. If the dough is particularly wet, knead up to 1 additional cup of flour into the dough until no longer wet and the dough holds its shape.

Drop rounded spoonfuls of the dough onto the prepared sheet pan (or alternatively, divide the dough in half and roll out each half into a circle about 6-inches in diameter and cut into wedges; place the wedges onto the prepared sheet pan). Brush with buttermilk to glaze; sprinkle with a bit of sugar, if desired.

Bake until scones are puffed and golden brown; a tester inserted into the center will come out clean, about 20 to 25 minutes, depending on how wet your dough is.

Remove to a wire rack until just warm and serve.

Chef's Note: You can make the dough and shape the scones in advance, but do not glaze. Place the sheet pan into the freezer until dough is frozen. Store the frozen scones in a freezer bag. To bake, remove from the freezer, place on a rimmed sheet pan lined with parchment paper, glaze with buttermilk and bake for about 25 minutes.

Alternatively, you can bake the scones and when completely cool, wrap in aluminum foil and freeze in a freezer bag. Let the scones thaw overnight in the refrigerator, then place the foil wrapped scones in a 325° F oven to warm for about 20 minutes.