

Melt In Your Mouth Blueberry Scones

Perfect with traditional clotted cream,
jam or homemade berry compote

Adjust the oven rack to the lower-middle position and preheat oven to 200°C / 400°F. In a medium bowl, mix together the flour, 85 g / ¾ cup of sugar, baking powder, baking soda and salt. Grate the butter into the flour mixture using the largest holes in the box grater. Use your fingers to work in the butter (mixture should resemble coarse meal). Stir in the frozen blueberries.

Note: do not allow the berries to thaw, or the colour will bleed into the batter.

In a separate small bowl, whisk together the sour cream and egg until smooth. Stir the mixture into the flour mixture until a large dough clump forms. Use your hands to press the dough against the bowl into a ball. (The dough will be sticky in places, and at first it may appear that there may not be enough liquid, but as you press, the dough will come together.)

Place the ball on a lightly floured surface and pat into an 18 to 20 cm / 7 to 8 inch circle about 2 cm / ¾ inch thick. Sprinkle with the remaining sugar. Use a sharp knife to cut the mixture into 8 triangles and place on a cookie sheet (preferably lined with parchment paper), about 3 cm / 1 inch apart. Bake until golden, about 15 to 17 minutes. Cool for 5 minutes and serve warm or at room temperature.

Makes 8 scones

454 g	2 cups	all-purpose flour
140 g	¾ cup	sugar
30 g	5 tsp	baking powder
14 g	2 tsp	baking soda
14 g	1 tsp	salt
170 g	¾ cup	butter, unsalted, frozen
100 g	½ cup	blueberries, frozen
120 ml	½ cup	sour cream
1		egg, large

PLATING

Serve with traditional clotted fresh cream or a fresh berry compote.

*Pardon us.
Our roots are showing.*

