

THE CULINARY

Playground



Sweetheart Scones

Makes 4

1/2 cup flour
2 Tablespoon sugar
1/2 teaspoon baking powder
Big pinch salt
1 1/2 Tablespoons cold butter, cubed
1 Tablespoon egg beaters
1/2 teaspoon vanilla extract or the flavoring of your choice
1 Tablespoon half and half
1/4 cup frozen strawberries, chopped

TOPPING

half and half
cinnamon sugar

Preheat oven to 400 degrees.

Line a baking sheet with parchment.

In a handled mixing bowl, add flour, sugar, baking powder and salt and whisk with fork. Add cubed butter and work in the butter with hands breaking the cubes into crumbs until the mixture is unevenly crumbly; it's OK for some larger chunks of butter to remain unincorporated.

Add egg, vanilla, half and half and stir. Gently stir in strawberries. Using hands squeeze dough into a mound in the bowl, kneading a bit to combine. Put dough mound on prepared baking sheet and flatten with hands, adding a sprinkling of flour if dough is too sticky.

Use a lettuce knife to cut mound into quarters, and separate quarters slightly so they are not touching.

Using a pastry brush, brush each scones with half and half, and sprinkle with cinnamon sugar. Dust off any cinnamon sugar that lands on parchment paper, otherwise it will burn.

Bake the scones for 12 minutes, or until they're golden brown and toothpick comes out clean.