



# Grains of truth about **SCONES**

## Definition

Scones are biscuit-like pastries or quick breads that are often rolled into round shapes and cut into quarters, then baked, sometimes on a griddle. Scones can be savory or sweet and are usually eaten for breakfast, but are also served with tea and in coffeehouses.

## History

Scones got their start as a Scottish quick bread. Originally made with oats and griddle-baked, today's version is more often made with flour and baked in the oven. As for the origin of the word "Skone", some say it comes from the Dutch word *schoonbrot*, which means beautiful bread, while others argue it comes from Stone of Destiny, where the Kings of Scotland were crowned. According to Webster's Dictionary, scones originated in Scotland in the early 1500s.

Scones became popular and an essential part of the fashionable ritual of taking tea in England when Anna, the Duchess of Bedford (1788 – 1861), one late afternoon, ordered the servants to bring tea and some sweet breads, which included scones. She was so delighted by this, that she ordered it every afternoon and what now has become an English tradition is the "Afternoon Tea Time" (precisely at 4:00 p.m.). They are still served daily with the traditional clotted cream topping in Britain.

## Availability

Scones can be purchased in some bakeries, coffee shops and many retail grocery stores or can be made at home.

## Storage

To freeze scones, cool baked scones completely, then wrap tightly in heavy plastic bags, pressing out as much air as possible. Scones can be frozen for up to 2 months.

To reheat, spread frozen scones on a cookie sheet and heat for about 5 minutes at 350°F.

## Nutritional value

One 1.5-ounce scone from a basic plain scone recipe provides: Calories 150; Protein 4 g; Carbohydrates 19 g; Fiber 1 g; Fat 6 g (Saturated 2 g); Cholesterol 49 mg; Folate 8 mcg; Iron 1 mg; Calcium 80 mg; Potassium 49 g; Sodium 171 mg.

## Preparation

1. For best results, measure ingredients correctly. Use glass measuring cups for liquids and metal or plastic cups for dry ingredients.
2. Mix the dry ingredients together, cutting in the butter and then adding the liquid ingredients.
3. All ingredients, except the butter, should be at room temperature.
4. The butter should be **cold** so when it is worked into the flour mixture it becomes small, flour-coated crumbs, not a smooth dough.
5. At this point, any dried or fresh fruit, nuts, and other dry flavorings you may be using are added.
6. The wet ingredients are then mixed together separately and then added to the flour mixture.
7. To warm eggs quickly to room temperature, place in a bowl of warm water for 5 minutes.
8. Mix the dough until it comes together. This dough should not be overworked.
9. Handle the dough as little as possible.
10. Using an egg wash will help brown the scone giving them a pleasing appearance.
11. Scones that are placed close together, almost come into contact with each other, will have soft sides and their crusts will be less crispy. If you place them further apart the scones will be crusty all over.

12. Bake only one sheet of scones at a time, and place cookie sheet on the oven rack so that the sides do not touch the oven walls or door. Space around the cookie sheet allows for hot air to circulate evenly.
13. Scones are cooked when they have a slightly golden color and a toothpick in the center comes out clean.
14. If a softer crust is desired, then wrap the hot scones in a clean dish towel.
15. Scones need at least 30 minute to cool.

## Recipes

### CHEESE SCONES

- 1½ cups all-purpose flour**
- 1½ teaspoons baking powder**
- 1 teaspoon dry mustard**
- ¼ teaspoon salt**
- 4 tablespoons (½ stick) cold butter or margarine, cut up**
- 1 cup (4 oz.) shredded sharp Cheddar cheese (reduced-fat)**
- 2 tablespoons grated Parmesan cheese**
- 1 large egg**
- ½ cup 2% milk**

Pre-heat oven to 400°F.

Combine flour, baking powder, dry mustard and salt into a large bowl; mix well. Add butter and cut in with pastry blender until the mixture looks like fine granules. Add cheeses and stir. Break egg into milk and beat with a fork to blend well. Pour over flour mixture and stir with a fork until a dough forms.

Place dough onto a lightly floured board and knead 10 to 12 times. Cut dough in half. Knead each half briefly into a ball, turn smooth side up, and pat or roll into a 6-inch circle. Cut each circle into 6 wedges. Place on an ungreased cookie sheet.

Bake 12 to 15 minutes, or until medium brown. Cool, loosely wrapped in a towel, on a wire rack. Makes 12 scones.

**Nutrient Analysis:** Each scone provides approximately: 139 calories, 5 g protein, 13 g carbohydrates, 0 g dietary fiber, 7 g fat (3 g saturated), 30 mg cholesterol, 27 mcg folate, 1 g iron, 109 mg calcium, 55 mg potassium and 266 mg sodium.

### CRANBERRY SCONES

- ⅔ cup low-fat buttermilk or plain yogurt**
- 1 large egg**
- 3 cups all-purpose flour**
- 4 teaspoons baking powder**
- ½ teaspoon baking soda**
- ¼ teaspoon salt**
- 8 tablespoons (1 stick) cold butter, cut up**
- 1 cup fresh or frozen cranberries, cut in half**
- ½ cup granulated sugar**
- 1 teaspoon grated orange peel**
- 1 tablespoon butter or margarine, softened**

Pre-heat oven to 375°F.

Combine buttermilk and egg; beat with a fork. Combine flour, baking powder, baking soda, and salt in a large bowl. Stir well. Add the 8 tablespoons butter and cut in with a pastry blender until the mixture looks like fine granules.

Add cranberries, sugar and orange peel; toss lightly to distribute evenly. Add buttermilk mixture. Stir with a fork until a soft dough forms.

Turn dough onto a lightly floured surface and knead 5 to 6 times, just until well mixed. Form dough into a ball; cut into 12 wedges. Place each wedge onto an un-greased cookie sheet.

Bake 20 to 25 minutes, or until medium brown. Remove to a wire rack. Brush with the 1 tablespoon of soft butter. Let cool, uncovered, at least 1 hour before serving. Makes 12 scones.

**Nutrient Analysis:** Each scone provides approximately: 273 calories, 4 g protein, 43 g carbohydrates, 1 g dietary fiber, 10 g fat (3 g saturated), 28 mg cholesterol, 51 mcg folate, 2 mg iron, 59 mg calcium, 71 mg potassium and 407 mg sodium.

**Wheat Foods**

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