

## Salt and Serenity

### Blueberry Scones

From The Craft of Baking by Karen DeMasco and Mindy Fox

- 1 3/4 cups unbleached all-purpose flour
- 1 tablespoon plus 1/2 teaspoon baking powder
- 1/4 cup granulated sugar
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cinnamon
- 6 tablespoons (3/4 stick) chilled unsalted butter, cut into small pieces
- 1/2 cup wild blueberries (unthawed if frozen)
- 1 cup buttermilk
  
- 2 tablespoons 35% cream
- 1 tablespoon Demerara sugar

1. In the bowl of an electric mixer fitted with the paddle attachment, combine the flour, baking powder, sugar, salt and cinnamon. Add the butter. Put the bowl in the freezer for 5 minutes. Then beat on low speed until the butter is broken up into pebble sized pieces, about 3 minutes.
2. Add the blueberries and mix on low speed just until they are evenly distributed, about 5 seconds. Add the buttermilk and mix just until the dough comes together. Using your hands, knead the mixture in the bowl to bring the dough completely together.
3. Turn out the dough onto a lightly floured surface and roll it into a 7-8 inch round, about 3/4 inch thick. Using a sharp knife, cut the dough into 12 wedges, like pieces of pie.
4. Place the pieces on a parchment lined baking sheet, spacing them 1/2 inch apart. Cover with plastic wrap and freeze for 15 minutes or chill in the fridge for an hour. (Unbaked scones, wrapped well, can be kept refrigerated for up to 2 days or frozen for up to 2 weeks. If using frozen blueberries it's preferable to freeze, not refrigerate unbaked scones.) Frozen scones can be baked immediately. Add 5 minutes to the baking time.
5. While the scones are chilling, preheat oven to 375°F.
6. Brush the scones with 35% cream and sprinkle with sugar. Bake the scones, rotating the baking sheet once, until they are golden on the edges and on the bottom and are firm to the touch, about 20 minutes. Transfer to a wire rack to cool.

The scones are best served the day they are made, but will keep in an airtight container at room temperature for up to 3 days.

