

Salt and Serenity

Rhubarb Coconut Scones

This recipe is adapted from the Cream Scones with Currants recipe in the Baking Illustrated Cookbook. (from the editors of Cook's Illustrated)

3-5 stalks rhubarb, washed and cut into ¼ inch slices
3 tablespoons sugar
2 cups (10 ounces) unbleached all-purpose flour
1 tablespoon baking powder
3 tablespoons sugar
½ teaspoon salt
5 tablespoons chilled, unsalted butter, cut into 1/4-inch cubes
¼ cup unsweetened shredded coconut (optional)
¾ cup heavy cream
¼ cup coconut milk
¼ cup heavy cream for brushing tops of scones before baking
2 Tablespoons sugar for sprinkling over top of scones before baking (optional)

1. Adjust oven rack to middle position and heat oven to 425°F.
2. In a medium sized bowl, mix together sliced rhubarb and 3 Tablespoons sugar. Set aside.
3. Place flour, baking powder, sugar and salt in the work bowl of food processor fitted with steel blade. Push pulse button six times.
4. Remove food processor cover and distribute butter evenly over dry ingredients. Cover and pulse 12 times, each pulse lasting 1 second. Add rhubarb/sugar mixture and coconut and pulse two more times. Dump dough out into a large mixing large bowl.

5. Stir in heavy cream and coconut milk and mix with a rubber spatula or fork until dough begins to form, about 30 seconds.
6. Dump dough and all the dry, floury bits onto the countertop and knead dough by hand just until it comes together into a rough, sticky ball, 5 to 10 seconds.
7. Press the dough into an 8-inch round cake pan, and then turning the dough out onto a lightly floured work surface and cut the dough into 8 wedges with either a knife or bench scraper.
8. Place rounds or wedges on ungreased baking sheet, brush with cream and sprinkle with sugar if desired, and bake until scone tops are light brown, 12 to 15 minutes. Cool on wire rack for at least 10 minutes. Serve warm or at room temperature.

Notes:

1. You can omit the coconut milk and just add an extra $\frac{1}{4}$ cup of heavy cream.
2. If you don't have a food processor, you can make the dough by hand. Whisk the dry ingredients together in a large bowl. Using a pastry blender, or your fingertips, quickly cut in butter until mixture resembles coarse meal, with a few slightly larger butter lumps.
3. You can use a biscuit cutter to cut scones into rounds if you prefer. Pat the dough into a $\frac{3}{4}$ -inch thick circle on a lightly floured work surface. Cut out scones with biscuit cutter and press remaining scraps together and cut until dough has been used up. The scones cut from the scraps will not rise as high or be as pretty as the first ones you cut, but they will still taste yummy.