

# Salt and Serenity

## Poppyseed and Lemon Scones

Many thanks to Chef Jason Lynch at [Neddies Harbour Inn](#), for this delicious scone recipe.

Makes 8 scones

315 grams all-purpose flour  
60 grams sugar  
1 Tablespoon baking powder  
 $\frac{3}{4}$  teaspoon Diamond crustal Kosher salt  
65 grams unsalted butter, frozen  
227 grams 35% cream  
1 large egg  
Zest of 1 lemon  
36 grams poppy seeds  
**For topping:**  
28 grams 35% cream  
25 grams Turbinado or white coarse sugar

1. In a large mixing bowl, combine flour, sugar, baking powder and salt. Using the large holes of a box grater, grate in the frozen butter. Using a pastry cutter or your hands, work the butter into the dry ingredients until mixture is crumbly. Put bowl in freezer while you mix wet ingredients.
2. Whisk cream and egg. Remove bowl from freezer and stir in lemon zest and poppy seeds. Pour egg and cream mixture into bowl. Using a rubber spatula, stir the dough ingredients until all the dry ingredients are moistened.
3. Scrape mixture out onto lightly floured counter and press dough into a rough rectangle, about 11x7 inches. Fold into thirds, like a letter. Repeat pressing into a rectangle and folding into thirds a second time. What you are doing here is creating layers, so your scones will rise nice and tall.
4. Using your hands, gently shape dough into a circle. Using a rolling pin, or your hands, press dough into an even 9-inch circle, about  $\frac{3}{4}$  inches thick. Place circle on parchment lined baking sheet.
5. Cut circle into 8 wedges, using a bench scraper or sharp knife. Brush wedges with cream and sprinkle with coarse sugar. Gently pull wedges apart to separate them a bit. You want about  $\frac{3}{4}$  inch space between scones.
6. Place baking sheet into freezer and preheat oven to 400°F, with rack in upper third of oven. Chilling scones relaxes the gluten in the flour, producing more tender scones that rise nice and high. About 10-15 minutes in the freezer is perfect.
7. Remove baking sheet from freezer and place on a second baking sheet if you have one. This provides extra insulation in oven and prevents bottoms of scones from getting too dark. Bake for 18-20 minutes, until lightly golden brown. If edges still look wet after 20 minutes, bake for a few extra minutes. They should be golden brown on all sides.
8. Let cool for about 10 minutes before serving.

If you have any leftover scones, let them cool completely and place in zip loc plastic bag. To reheat, place on baking sheet, tent loosely with foil and bake in preheated 325° F oven for about 8-10 minutes.

Unbaked scones can be frozen for up to a month. Freeze scones on baking sheet for 30 minutes and then transfer them to a freezer safe plastic bag. Bake frozen, adding an additional 5-7 minutes of baking time.