

SIMPLY GOOD with

Monday, MARCH 14, 2022

Scone Master Recipe

Serves 8

Ingredients

2 c. flour	½ c. very cold unsalted butter
½ c. granulated sugar	1 large egg, cold
1 T. baking powder	½ c. heavy cream, cold
½ tsp. kosher salt	Heavy cream for brushing tops

Preparation:

1. Preheat oven to 425°F. Make sure you give the oven ample time to preheat, as the scones will spread too much if it isn't hot enough.
2. Line a sheet pan with parchment paper or use a silicone baking mat.
3. Cut up the butter into small pieces, and put it back in the refrigerator to stay cold. If using frozen berries as a mix-in, keep them in the freezer until ready to add, or they will release too much moisture, making the dough unmanageable.

Instructions:

1. In a large bowl, whisk together the flour, sugar, baking powder, salt, and any spices, if using.
2. Add the pieces of cold butter to the mixing bowl, and cut them into the flour mixture until they are the size of peas.
3. If using, toss the solid mix-ins throughout the flour/butter mixture at this point.
4. Lightly whisk together the heavy cream, egg, and any zests or extracts, if using.
5. Pour the wet ingredients into the dry ingredients and mix with a silicone spatula just until the liquid is absorbed. The dough will look incohesive, but it will come together on the counter in the next step.
6. Turn the dough out onto a lightly floured countertop, and flour the top of the dough. The dough is typically very crumbly at this point; this is normal. Press the dough together into one mass.
7. Press the dough out to about a 1-inch thick rectangle.
8. Using a bench knife or a metal spatula, fold the dough in half, and then turn it 90 degrees. Pat out and fold again for a total of 6 times. Keep patting the dough together if it is still crumbly. Dust more flour on top as needed to make the dough manageable.
9. Pat dough out to about a 7-inch circle. Cut into 8 triangles. Transfer scones onto a baking sheet with parchment paper or a silicone baking mat. Brush lightly with cream and sprinkle liberally with turbinado or granulated sugar, if desired.
10. Bake at 425°F. for 14 – 18 minutes until golden-brown and firm when gently pressed on.
11. Transfer to a cooling rack. If using a glaze, allow the scones to first cool for at least 10 minutes.

Calico Stew

Ingredients

½ lb. bacon	1 tsp. mustard
½ lb. hamburger	2 tsp. vinegar
1 onion	1- 15 oz. can pork-n-beans
½ c. ketchup	1- 15 oz. can lima beans
1 tsp. salt	1- 15 oz. can kidney beans
½ c. brown sugar	

Instructions:

1. Brown hamburger and bacon. Crumble the bacon.
2. Drain grease.
3. Mix in the rest of the ingredients.
4. Let simmer for 20 minutes.