

Artisanal Delights GF Scones with Mix (read through the instructions before you start)

makes 11 small or 8 large scones

1 Bag of Artisanal Delights GF Scone mix

6 tbl/3 oz very cold, unsalted butter, or 78 gm Earth Balance cut into cubes (you can put into the freezer for 5 minutes to get it colder if it's soft)

Optional: zest of 1 lemon

1 large egg, cold

3/4 cup cold buttermilk* (you might need more; start with this)

A few tablespoons rice flour or tapioca flour for dusting the counter

Optional: 1/2 cup raisins, soaked in hot water for at least 5 minutes and drained well or 1 cup of berries, fresh or frozen

Beaten egg or heavy cream, to glaze

Optional: Finishing sugar

*to make buttermilk, add 1 teaspoon lemon juice or apple cider vinegar to a cup measure. Add milk, cream or milk substitute to measure to 3/4 cup. The more fat the better! Optionally, you can use 2 tablespoons of sour cream and then add milk to make the 3/4 cup.

1. Heat oven to 425F. Oven should be heated for at least 20 minutes before the scones go in. Place parchment paper or silpat on sheet pan.
2. Place scone mix in a food processor and mix. Alternately, place in a bowl and mix with a whisk or fork.
3. Add zest now if using. Add cold butter cubes and pulse 10-15 times. Process until only a handful of small, pea-sized pieces of butter remain. Alternately, use two knives or a pastry blender to cut the butter into the flour until pea-sized pieces of butter remain.
4. In a large bowl, add the egg and beat briefly.
5. Transfer flour-butter mixture to the bowl. Add the milk and mix with spatula, then your hands. It should come together well. If it's dry, add more milk, 1 teaspoon at a time until it holds together. Add raisins or berries now if using; make sure they are not too wet.
6. Turn dough out onto a lightly floured surface and pat into a disc about 7-8 inches across, folding and turning a few times. If it's sticking to the counter, add more flour, a little at a time. You should have a dough that isn't too sticky yet holds together.
7. Transfer dough to the parchment paper. Cut into 8 wedges and separate pieces so they are no longer right next to one another. Pat into equal sized triangles.
8. Brush the tops of the scones with heavy cream or egg. Sprinkle with finishing sugar if desired.
9. Bake for 15 to 19 minutes or until golden brown and cooked through, rotating baking sheet halfway through.
10. Leave on tray for 3-5 minutes then transfer to a wire rack. Allow to cool 15 minutes before eating.