



Blueberry Scones Recipe for Perfect Morning Treats

Introduction

Blueberry scones are a delightful treat perfect for breakfast or as a snack. With a flaky texture and bursting with juicy blueberries, these scones are a wonderful way to start your day or enjoy with a cup of tea. This recipe from Love and Lemons will guide you through making these delicious scones at home.

Detailed Ingredients with measures

2 cups all-purpose flour, spooned and leveled

$\frac{1}{4}$ cup cane sugar
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon sea salt
 $\frac{1}{2}$ cup unsalted butter (1 stick), frozen
 $1\frac{1}{2}$ cups blueberries
 $\frac{1}{2}$ cup cold buttermilk, plus more for brushing
1 large egg
1 teaspoon vanilla extract
Coarse sugar, for sprinkling (optional)

Prep Time

20 minutes

Cook Time

18 to 27 minutes

Total Time

Approximately 45 minutes

Yield

8 scones

Following these steps, you'll be on your way to enjoying warm, fresh blueberry scones that are sure to impress!

Detailed Directions and Instructions

Prepare the Baking Sheet

Line a large baking sheet with parchment paper.

Mix Dry Ingredients

In a large bowl, whisk together the flour, sugar, baking powder, and salt.

Incorporate Butter

Grate the frozen butter using the large holes of a box grater. Add the grated butter to the flour mixture and toss to coat. Use your hands to work the butter into the flour until the mixture resembles a coarse meal.

Add Blueberries

Gently fold the blueberries into the flour mixture.

Combine Wet Ingredients

In a medium bowl, whisk together the buttermilk, egg, and vanilla extract.

Form the Dough

Pour the wet ingredients over the flour mixture. Use a spatula to mix until a shaggy dough forms. Knead gently with your hands to incorporate any remaining dry flour. The dough should be soft but not sticky. If it's sticky, add a bit more flour; if it's dry, add a little more buttermilk.

See also Eggless Whole Wheat Apple Cake

Shape the Scones

Transfer the dough to a lightly floured surface and form it into a 7- to 8-inch disk about 1 inch thick. Slice into 8 equal wedges and place them on the prepared baking sheet.

Chill the Scones

Freeze the scones for 15 minutes. Meanwhile, preheat the oven to 400°F (200°C).

Bake

Remove the scones from the freezer, brush with buttermilk, and sprinkle with coarse sugar if desired. Bake for 18 to 27 minutes, or until golden brown on top.

Cool and Serve

Transfer the scones to a wire rack to cool. Enjoy them warm or at room temperature.

Notes

Buttermilk Substitution

If you don't have buttermilk, you can substitute with heavy cream, full-fat coconut milk, or a scant $\frac{1}{2}$ cup milk mixed with $\frac{1}{2}$ tablespoon lemon juice. Let the mixture sit for 5 minutes to thicken before using.



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Cook Techniques

Preparing the Baking Sheet

Line a large baking sheet with parchment paper to prevent sticking and ensure even baking.

Mixing Dry Ingredients

Whisk together the flour, sugar, baking powder, and salt in a large bowl for an even distribution of ingredients.

Incorporating Butter

Grate frozen butter into the flour mixture and work it in until it resembles coarse meal for a flaky texture in the scones.

Adding Blueberries

Gently fold in the blueberries to avoid crushing them, maintaining their shape and preventing color bleeding.

Combining Wet Ingredients

Whisk buttermilk, egg, and vanilla extract in a separate bowl to ensure even blending.

Forming the Dough

Mix the wet ingredients into the dry until a shaggy dough forms, then gently knead to incorporate any dry flour without overworking.

See also Chilled Zucchini Soup

Shaping the Scones

Transfer the dough to a floured surface and shape it into a disk, slicing it into wedges for uniform baking.

Chilling the Scones

Freeze the shaped scones briefly before baking to firm up the butter, which helps create a flaky texture.

Baking

Brush with buttermilk and sprinkle with coarse sugar before baking for a

golden finish and added sweetness.

Cooling and Serving

Allow the scones to cool on a wire rack to maintain their texture and serve warm or at room temperature for the best flavor experience.

FAQ

Can I use fresh blueberries instead of frozen?

Yes, fresh blueberries can be used, ensuring they are rinsed and dried thoroughly to avoid excess moisture.

What can I substitute for buttermilk?

You can use heavy cream, full-fat coconut milk, or a milk and lemon juice mixture as a substitute.

How can I store leftover scones?

Store in an airtight container at room temperature for up to 2 days or in the refrigerator for up to a week.

Can I freeze the scones after baking?

Yes, baked scones can be frozen. Wrap them individually and store in an airtight container for up to 3 months.

What variations can I try with this scone recipe?

Feel free to experiment with different fruits, nuts, or spices to create unique flavor combinations.

Conclusion

The blueberry scones are a delightful treat, bursting with juicy berries and a flaky texture that makes them perfect for any occasion. Whether enjoyed fresh from the oven or at room temperature, these scones are sure to be a hit. The combination of simple ingredients and easy preparation makes them a great addition to your baking repertoire.

See also Potato Salad with Eggs and Pickles

Variations with Other Berries

Try substituting blueberries with raspberries, strawberries, or blackberries for a different fruity twist. Each berry brings its unique flavor and sweetness to the scone.

Citrus-Infused Scones

Add lemon or orange zest to the dough for a refreshing citrus flavor. The zest complements the sweetness of the berries beautifully.

Nuts and Seeds Enhancement

Incorporate chopped nuts such as almonds or walnuts, or sprinkle in some chia or flax seeds for added texture and nutrition.

Herb-Infused Scones

Experiment with savory flavors by adding fresh herbs like rosemary or thyme. The combination of herbs with blueberries can create a unique and sophisticated flavor profile.

Chocolate Chip Variation

For a decadent treat, fold in some chocolate chips alongside the blueberries for a sweet contrast.

Glazed Scones

Drizzle a simple glaze made from powdered sugar and buttermilk over the cooled scones for an extra touch of sweetness and decoration.

Vegan Options

Substitute the butter with coconut oil and use a flax egg (1 tablespoon ground flaxseed mixed with 2.5 tablespoons water) instead of the egg for a vegan-friendly version. Use plant-based milk instead of buttermilk.

Mini Scones for Bite-Sized Treats

Shape the dough into smaller discs for mini scones, perfect for tea parties or brunch gatherings. Adjust the baking time accordingly.



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