

Studio 5

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“Sour Cream Lemon Scones”

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Dairy Farmers of Utah

Popular in Scotland, scones make an airy and tender breakfast treat or delicate tea time tasty. Recipe makes 8 scones

Ingredients:

- 1 lemon, orange or limes
- 2 cups flour
- 1/4 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 6 tablespoons cold butter
- 1 cup sour cream
- 1 egg white, optional
- Lemon Honey Butter, optional

Method:

Preheat oven to 400⁰ F.

Finely grate or zest lemon leaving as much white pith on the orange peel as possible (should measure about 1 tablespoon zest).

Whisk together flour, sugar, baking powder, salt and lemon zest. Add 6 tablespoons butter and coarsely cut* into flour until lumps are the size of small peas. Add sour cream and stir just until mixed (do not over mix). Flour hands, place dough on lightly floured surface and knead 4-5 times. Gently pat dough into a circle 1/2-inch thick. Cut into 8 wedges and place on baking sheet lined with parchment paper (may place on un-greased baking sheet, but bottom of scones will bake dark). Brush tops with optional beaten egg white to improve browning of tops. Bake 15-20 minutes or until light, airy and lightly browned. Serve warm with optional Lemon Honey Butter (see below).

Notes:

* Quick and easy tip – grate butter into flour mixture using the large holes of a grater.

Lemon Honey Butter

Whip together 1/2 cup butter, 1/4 cup honey and zest of 1 lemon (about 1 tablespoon). Whip until butter is creamy and light. Refrigerate leftover Honey Butter.

For nutrition analysis go to www.dairycouncilutnv.org

Nutrition Facts	
Serving Size 1 scone	
Servings Per Container 8	
Amount Per Serving	
Calories 280	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 9g	46%
Cholesterol 35mg	12%
Sodium 430mg	18%
Total Carbohydrate 32g	11%
Dietary Fiber less than 1 gram	4%
Sugars 7g	
Protein 4g	
Vitamin A 10%	• Vitamin C 2%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	