

Scones: Apricot and Cardamom

Makes 8 scones

This has been a big hit with my wife's morning coffee group. It is messy to make, so clear off plenty of counter space. I cut the dough into eight pieces and then bake them. Then I cut the baked scones in half again to make sixteen. When I switched from all-purpose to Bob's Red Mill pastry flour, the group really noticed, and some said they were the best scones ever!



Ingredients:

- 5 Tbsp. unsalted butter (divided)
- 3/4 cus (4 oz.) dried apricots
- 1/4 cup whole milk
- 1/4 cup sour cream
- 1 cups (5 oz.) pastry (cake) flour
- 1/4 cup (2 oz.) plus 1 Tbsp. sugar (divided)
- 1 tsp. baking powder
- 1/8 tsp. baking soda
- 1/4 tsp. salt
- 1/2 tsp. ground cardamom
- 1/2 tsp. lemon zest



Equipment

- Rimmed baking sheet
- Silicone pad (optional)
- Box grater
- Rolling pin
- 12" ruler
- Bench scraper
- Baker's dusting wand (optional)



Scones:

☑	Directions	Time (min)	
	Preheat oven to 425 degrees with rack in middle position		
	Place a stick of butter, wrapped, in the freezer	1	
	Line baking pan with silicone pad or spray with non-stick spray	1	
	Chop 3/4 cup dried apricots	1	
	In a small bowl, whisk 1/4 cup milk and 1/4 cup sour cream together in a bowl and place in refrigerator	1	
	In a large bowl, whisk 1 cup pastry flour, 1/4 cup sugar, 1 tsp. baking powder, 1/8 tsp. baking soda, 1/4 tsp. salt, 1/2 tsp cardamom, and 1/2 tsp. lemon zest in a large bowl	1	
	Peel back wrapper and grate half of the stick of frozen butter on a box grater (4 Tbsp.) into the flour. Toss with fingers to coat butter.	5	
	Add milk and sour cream mixture to flour mixture and fold with a spatula until combined	1	
	Dust work surface, hands, and rolling pin with flour.	1	
	Using a spatula, transfer dough to floured counter. Knead dough 6 to 8 times. Add flour as needed to make a ragged ball.	3	
	Roll dough into 12" square. Using scraper, fold dough by thirds like a business letter.	2	
	Lift short end of dough and fold into thirds to form a 4" square	1	
	Transfer to plate lightly dusted with flour. Place in freezer for 5 min	6	
	Transfer dough to floured counter. Roll into 12" square again.	3	
	Sprinkle fruit evenly over surface of dough. Press into dough.	2	
	Using scraper, loosen dough from counter and roll into a tight log.	1	
	Place log of dough seam side down. Press into a 12" x 4" rectangle	2	
	Cut dough with floured knife into four equal 4" rectangles. Cut each diagonally (eight pieces).	2	
	Transfer triangles to lined baking pan	1	
	Cut 1 Tbsp. butter and melt in a glass dish in the microwave and then and set aside	2	
	Brush scones with melted butter and sprinkle 1 tsp. sugar on top with dusting wand (may cover with plastic and refrigerate overnight)	1	
	Bake until tops and bottoms are golden brown	18	
	Transfer to wire rack and cool. Cut scones diagonally in half	10	
	Total	66	

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