

# Blueberry Scones

1 stick unsalted butter, frozen and grated, plus 2 tbsp. melted (do not substitute, use unsalted butter)

1 1/2 c fresh or frozen blueberries, if using frozen do not thaw

1/2 c whole milk

1/2 c sour cream

2 c all purpose flour (recipe said unbleached ap flour)

1/2 c sugar, plus 1 tbsp for tops

2 tsp baking powder

1/4 tsp baking soda

1/2 tsp salt

1 tsp grated lemon zest

Heat oven to 425 degrees F.

Grate 8 Tbsp.(1 stick) butter on big holes of a box grater, place back in freezer.

Melt 2 Tbsp. butter and set aside.

2Wisk [together](#) milk and sour cream. Refrigerate until needed.

In mixing bowl, wisk flour, sugar, baking powder, baking soda, salt and lemon zest. Add frozen butter to flour mixture and toss with fingers until thoroughly coated.

3Add milk mixture to flour mixture; fold milk into flour with rubber spatula until just combined.

Transfer dough to liberly floured work surface. Dust surface of dough with flour. With floured hands, knead dough 6 to 8 times, until it holds together in a ragged ball, adding flour as needed to prevent sticking.

4Roll dough into aprox. 12" square. Fold dough in thirds, like a business letter. Lift short ends of dough and fold into thirds again, to form aprox. 4" square. Transfer to a lightly floured plate and chill in freezer 5 min.

5Transfer dough to floured work surface and roll aprox. 12" square.

Sprinkle blueberries evenly over surface of dough, then press down so blueberries are slightly embedded. Roll dough (may have to use a bench scrapper or spatula to help lift dough) pressing to form a tight log, 12" X 4" rectangle. Use a sharp knife, cut rectangle crosswise into 4 equal rectangles (I would call them more like squares). Cut each rectangle (or square) diagonally to form 2 triangles and transfer to parchemnt lined [baking sheet](#).

6Brush tops with melted butter and sprinkle tops with sugar.

Bake until tops and bottoms are brown, 18-25 minutes.

7TO MAKE AHEAD: After placing scones on baking sheet, either refrigerate or freeze.

IF REFRIGERATED: When ready to bake heat oven to 425 and follow directions in step 6.

IF FROZEN: Heat oven to 375 and follow directions in step 6 and extend baking time to 25 to 30 minutes.

### MY NOTES:

1. I used 1 cup of frozen blueberries and 1/2 c. frozen raspberries. If using frozen fruit, do not thaw.
2. I did not use the whole milk and [sour cream](#). Instead I used 1 c. buttermilk. They still turned out great.
3. The flour I used was just All Purpose, It was not unbleached.
4. I will admitt my dough did not have much of a shaggy look to it. I suppose that could have been because I used buttermilk instead of the sour cream and whole milk. Or maybe I folded milk into flour a little more than I should have.
5. Make sure you use plenty of flour on your work surface and on top of the dough. It is a very soft and sticky dough.
6. For the sugar on buttered tops, I used Sanding Sugar. I think it made them even crunchier.
7. Next time I make these I want to try finely diced apple and raisins mixed with a little cinnamon.

