



## Whole Wheat Scones:

Yield: 8 scones  
 Preparation Time: About 25 minutes  
 Baking Time: About 25 minutes @ 220 C (425 F)

<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>• 1 cup (250mL) whole-wheat flour</li> <li>• 1 cup (250mL) all purpose flour</li> <li>• 1/4 cup (50mL) sugar</li> <li>• 1 Tbsp (15mL) baking powder</li> <li>• 1/4 tsp (1mL) salt</li> <li>• 1/3 cup (75mL) <u>cold</u> unsalted butter, cut into small cubes</li> <li>• 3/4 cup (175mL) light cream (or whole milk)</li> <li>• 2 large egg yolks</li> <li>• 1 cup (250mL) fresh or dried fruit (such as blueberries, raspberries, chopped dried apricots, raisins or dried cranberries)</li> <li>• flour, for work surface</li> <li>• sugar, to sprinkle on the scones</li> </ul>	<p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>• large bowl</li> <li>• measuring cups and spoons</li> <li>• fork or whisk</li> <li>• pastry cutter</li> <li>• liquid measuring cup</li> <li>• spatula</li> <li>• dough scraper</li> <li>• baking sheet</li> <li>• parchment paper</li> </ul>
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### Method:

1. Preheat oven to 220 C (425 F).
2. Line a baking sheet with parchment paper (or grease the pan with butter).
3. Measure the **flours, sugar, baking powder and salt** and place in a large bowl. Whisk together to combine.
4. Toss the **cold butter** into the flour mixture then *cut* into the flour with a pastry cutter or break up with your fingers until the butter looks like fine crumbs. Do not handle the butter too much or it will soften.
5. Measure the **cream**. Separate the **eggs** then add the yolks to the cream. Beat together with a fork. (Place the egg whites in the fridge for another use.)
6. Add the cream mixture all at once to the flour mixture.
7. With a spatula or dough scraper, gather the dough together into a shaggy ball. Add the **fruit** and mix *just until* combined.
8. Turn the dough out onto a lightly floured work surface and lightly knead (fold over the dough) just enough to form a soft dough. Do not handle too much. The less you work the dough, the more tender your scones will be.

9. Shape the dough into a circle the size of a dessert plate. Flour your hands if necessary.
10. Place on the prepared pan. With a sharp knife, cut the dough into 8 evenly -sized wedges (like a pie). To do so, cut dough in half, then each piece in half then half again.
11. Gently separate the wedges so that they will cook evenly.
12. Sprinkle with a little sugar.
13. Place the baking sheet in the oven on a centre rack for about 25 minutes or until golden brown.
14. Remove from the oven to a cooling rack.
15. Enjoy while still warm.

#### Tasty Tips:

If you find the bottoms of the scones are too brown, try stacking two trays on top of each other. Scones are best fresh and warm. You can make the scones and freeze them before baking. Freeze the shaped dough on the baking tray, then store in an airtight bag in the freezer. Bake a few minutes more straight from the freezer