

Chapter 1 : Healthy Scone Recipes - EatingWell

Heart-Shaped Cheese Scones "When you set out a plate of these golden scones flecked with bits of cheddar cheese, everyone will know you've put your heart into your baking," assures Edna Hoffman of Hebron, Indiana.

In a food processor, pulse flour, granulated sugar, baking powder, salt and lime zest. Add the cold butter and pulse just until the butter is the size of peas. Add in the eggs and milk and pulse until just blended. Add the dried fruit to the dough and pulse until distributed. Dump the dough onto a well-floured surface and form a ball. You should see small bits of butter in the dough. I made three different sizes. Place the scones on a baking pan lined with parchment paper or a silpat. Collect the scraps neatly, form them into a ball, flatten and cut more hearts. Once all the scones are on the cookie sheets, brush the tops of the scones with egg wash. Usually, I leave it at that, and the end product is gorgeous, shiny scones, but there are other ways to finish them. You can sprinkle with course sugar, which is common in many coffee shops. Bake for minutes, until the tops are browned and the insides are fully baked. The scones will be firm to the touch. Allow the scones to cool for 15 minutes. In the photo you can see the shiny ones were egg washed and the dull ones were left plain. Notes scones depending on size My go to flavor is meyer lemon and dried cherry, but I decided to change things up for Marc. He really likes lime. I also made orange cranberry. It turned out that he liked the cranberry and I liked the cherry, so go figure. You can never fully predict. Here are some other ideas, but have fun experimenting.

Chapter 2 : Bisquickâ„¢ Cherry-Chocolate Chip Scones Recipe - calendrierdelascience.com

Darling scones though fairly labor intensive. Making the mix is easy but the dough is so sticky that it's hard to get them out of the heart-shaped cookie cutter and even harder to cut them.

Adults only should handle metal blade. Secure lid and pulse briefly to mix. Add butter pieces and process until coarse crumbs are formed. Pour crumb mixture into a large mixing bowl. If you do not have a food processor, the same effect can be achieved in a mixing bowl with a pastry blender, fork, or two table knives held together. In processor bowl, combine buttermilk, egg, and maple extract. Slowly pour wet ingredients into dry crumb mixture and stir quickly, just until dough forms. Overmixing will result in tough scones. Empty dough onto lightly floured surface. Knead three or four times with floury hands. Dough will be sticky. Shape dough into large, flat round. Cut into eight wedges. As you separate the wedges, indent the rounded side so that it forms the top of a narrow heart. The point of the wedge will form the point of the heart. Place the eight hearts equally spaced on ungreased baking sheet. When ready to bake, sprinkle heavily with colored sugars and bake for minutes at degrees. You can also freeze the scones, baked or unbaked. If baking from frozen, increase baking time 5 minutes. For more ideas of what could work for you, too, visit Rocks in My Dryer every Wednesday. Today Jessie Leigh is hosting a roundup on activities to do with children. About Jessica Fisher I believe you can get great meals on the table -- and still keep that pretty smile on your face.

Chapter 3 : Irish Scones - I Heart Nap Time

Using a 2¼-inch heart-shaped cutter, cut dough, rerolling scraps as necessary. Place scones inches apart on prepared pan. Bake until edges are golden brown and a wooden pick inserted in center comes out clean, 18 to 20 minutes.

In a span of hours, I managed to: Trigger the fire alarm for our entire apartment complex. Six firefighters burst into my apartment while the rest of the building huddled outside in the -9 degree weather. The scene was complete with a firetruck, sirens, and much scolding from the firefighters when they realized the situation lacked an actual fire. Apparently I need to do a better job cleaning my cast-iron stovetop griddle. It started smoking so badly during my sausage-grilling dinner routine that it tripped the building alarm. For the record and to maintain a shred of my dignity: I did not burn the sausages. I was parked without a campus permit, flashers on, for less than three minutes. Break my coffee maker, eliciting mass coffee overflow onto every possible kitchen surface. Be attacked by a dog while out jogging. Strawberry Scones are how I handle feeling defeated by life. Something about their ultra-buttery flakiness and melt-in-your-mouth creamy softness reminds me that, no matter how much bad karma strikes me on any given day, reason exists to keep changing my socks. Surely life can only improve from here. From the moment you break off a piece of the super flakey exterior—a golden crust so flakey it practically shatters—and reveal the splendidly soft, pillowy interior, you will realize that everything about this moment is exactly as it should be. Wonderful happenings wait just ahead. For a little extra love, I folded dried strawberries into the batter. Mine were a gift from my kind brother-in-law, who in the span of a few short months learned that food is the carpool lane to my heart. Cherries or cranberries will give you a similar Valentine hue and taste fabulous, and currants are traditional for cream scones. Use what is available and makes you happy. As a final flourish, I added toasted pecans to the batter for their warmth and crunch. Feel free to swap in extra fruit or switch it up to create complementary flavor combos. Cherry Almond Cream Scones anyone? No matter their shape, Strawberry Scones will warm your heart. Tell someone you love them with a warm plate of Strawberry Scones. If that someone is you, all the better! Karma may be fickle, but Strawberry Scones will love you forever.

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Chapter 4 : Easy English Scones Recipe with Jam & Clotted Cream

*Scones for the Heart: Inspiring Morsels of Wit and Wisdom to Warm the Soul [George D. Durrant] on calendrierdelascience.com *FREE* shipping on qualifying offers. One of George Durrant's favorite memories was the day his mother cooked a batch of warm, delicious scones-just for him. His older brothers and their friends had been picking on young George.*

Yes, I spoil my coworkers rotten. One, they were heavy; heavy, and pretty dried out by the next morning. So, when Ina called for a glaze on top, I skipped it, opting instead to increase the sugar amount in the scone by one tablespoon. Frankly, shame on me for not using their recipe first. These scones are the height of scone perfection, a pastry dream-come-true, should you be as odd as I am and occasionally dream a little dream of scone. They are moist and structured, but still soft and light, ever-so-slightly crisped exterior. Sure, the book offers variations on the recipe, but the basic one, the very first one, is all I will ever need. Place flour, baking powder, sugar and salt in large bowl or work bowl of food processor fitted with steel blade. Whisk together or pulse six times. If making by hand, use two knives, a pastry blender or your fingertips and quickly cut in butter until mixture resembles coarse meal, with a few slightly larger butter lumps. If using food processor, remove cover and distribute butter evenly over dry ingredients. Cover and pulse 12 times, each pulse lasting 1 second. Add currants and pulse one more time. Transfer dough to large bowl. Stir in heavy cream with a rubber spatula or fork until dough begins to form, about 30 seconds. Transfer dough and all dry, floury bits to countertop and knead dough by hand just until it comes together into a rough, sticky ball, 5 to 10 seconds. Be warned if you use this latter method, the scones that are made from the remaining scraps will be much lumpier and less pretty, but taste fine. As in, I understand why they suggested the first method. Place rounds or wedges on ungreased baking sheet and bake until scone tops are light brown, 12 to 15 minutes. Cool on wire rack for at least 10 minutes. Serve warm or at room temperature.

Chapter 5 : Jenny Steffens Hobick: Mini Heart Cherry Scones

There's really nothing better than a hot scone, fresh out of the oven, with whipped cream and jam on top. I used a homemade strawberry jam, and the strawberry, whipped cream, and scone combination reminded me of a strawberry shortcake.

Chapter 6 : Pink Heart Scones - Southern Lady Magazine

Find healthy, delicious scone recipes, from the food and nutrition experts at EatingWell. Ham and Cheese Scones No bakery degree required for this recipe: these healthy, savory ham-and-cheese scones are as easy to make as a batch of muffins.

Chapter 7 : Food Network UK | TV Channel | Easy Recipes, TV Shows and Videos | Food Network UK

Make these scones a day or two ahead, and store in an airtight container. Resist the temptation to knead the dough; doing so would break apart the tender blueberries. Leftover scones are nice with tea later in the day.

Chapter 8 : Healthy pumpkin scone recipe | The Heart Foundation

Today's recipe has a special place in my heart! These easy British Scones remind me of one my favorite vacation destinations: London. My husband and I love everything British: the accent, the weather, and especially the food. Yes, I'm serious, I love British food. London is a great city for.

Chapter 9 : | Cooking Light

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Scones are an all time comfort breakfast food and also great during tea time. I love the buttery biscuit stuffed with fruits. A hint of sweetness make them irresistible. The dough is so versatile, you can cut it into any shape you like. Here is a great Valentine shape for the occasion. Preheat the.