

Meyer Lemon Scones

Susan at Farmgirl Fare blog, Feb. 2011



- 3 1/2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1 tablespoon baking powder, + 1 teaspoon
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 2 teaspoons lemon zest, finely chopped or grated Meyer lemon or regular lemon zest, rubbed with a little sugar to bring out the flavor
- 1/2 cup butter, chilled & cut into small pieces
- 1/2 cup lemon juice (from about 2 Meyer lemons) or regular lemon juice
- 1/2 cup milk, preferably whole
- 2 tablespoons yogurt
- 2 large eggs
- 1/2 teaspoon vanilla extract
- EGG GLAZE (optional):
- 1 egg, beaten well with a fork with the milk
- 2 tablespoons milk
- Coarse sugar, such as turbinado, for sprinkling on top
- 3/4 cup currants, or raisins (optional)

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

Susan from Farmgirl Fare makes these with Meyer lemons, but they can be made with regular lemons as well. These are NOT overly sweet - if you prefer, add just a bit more sugar and/or be very generous with the turbinado sugar topping. The egg glaze is optional (I didn't use it), but it will help the sugar to stick!

1. Heat the oven to 400°.
2. In a large bowl, combine 3 1/2 cups of the flour, the sugar, baking powder, baking soda, salt, and Meyer lemon zest. Using a fork, pastry blender, or your fingers, cut the butter into the flour mixture until it forms coarse crumbles with some larger pea-sized chunks. Add the currants or raisins if using and toss gently until combined.
3. In a small bowl or large measuring cup, combine the Meyer lemon juice, milk, yogurt, eggs, and vanilla and beat with a fork until blended.
4. Gently fold the milk mixture into the dry ingredients, mixing lightly with a rubber spatula just until blended. Add up to 1/4 cup additional flour if it's too sticky to work with.
5. On a floured surface, gently pat the dough into a 1-inch thick circle (about 9 inches in diameter). With a sharp knife (I use a large serrated knife dipped in flour), cut the circle into 8 wedges and place them on a heavy duty baking sheet lined with unbleached parchment paper.

Per Serving (excluding unknown items): 435 Calories; 15g Fat (30.1% calories from fat); 10g Protein; 67g Carbohydrate; 3g Dietary Fiber; 114mg Cholesterol; 685mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 1 Other Carbohydrates.