Winter 2013

What could be MORE yummy than a fresh scone out of the oven??? This recipe is a favorite for those who love maple flavor. It is versatile to add or leave out nuts, candied ginger minced fine and/or sunflower seeds. These all add a bit of crunch and texture to the scones, but they are just as good left plain!

Maple Oat Nut Scones

Makes 8 large

1 C. oatmeal
2 Tbsp. sugar
½ tsp. salt
2 Tbsp. Maple Syrup
1 lg. egg
½ C – half & half or 2% milk

1 ½ C unbleached flour or white whole wheat flour
1/4 C. powdered milk
1 Tbsp. baking powder
2 ½ Tbsp. cold water
1 tsp. Maple extract*

Optional:

2/3 C. chopped pecans or walnuts
1/4+ C. shelled sunflower seeds
1/2 C. chopped candied ginger*

1. Preheat oven to 425° - line baking sheet with parchment paper
2. Pulse oats, flour, sugar, powdered milk, salt & baking powder in a food processor to grind the oats fine. Add Maple syrup and butter – pulse to blend together.
3. Beat egg, cream and Maple extract together; pour into flour mix and pulse again until just mixed.
4. Place dough (will be sticky) on a floured surface; knead together with a little flour, and knead in nuts and/or other "add-ins" until just mixed. Pat dough into a 8” circle and cut into 8 wedges. Carefully place on parchment-lined baking sheet - separate wedges slightly. Bake 15-18 min. until nicely browned. Remove to rack and cool 15-20 min. Top with glaze.

GLAZE:

1 C. powdered sugar
1 tsp. Maple extract
3-4 tsp. water

Mix until smooth; spread thickly on scones and set 15 min to firm up before serving. Store in tightly covered container in a single layer.

***Notes:**

1) Maple extract available online at www.CooksVanilla.com
2) Candied ginger (bakers cut - already chopped) is available at www.abesmarket.com