



## **Create-Your-Own Scones + Whipped Cream + Mashed Fruit Jams + Kid-Friendly Cappuccinos**

By Erin Fletter

**Prep Time 40 / Cook Time 30 / Serves 6 - 12**

### **Shopping List**

FRESH

1 orange

1 ripe pear

1 apple

1 lemon

DAIRY

2 C heavy whipping cream **\*\*(see allergy subs below)\*\***

4 C whole milk **\*\*(see allergy subs below)\*\***

PANTRY

2 1/4 C whole wheat or white all-purpose flour **\*\*(see allergy subs below)\*\***

1/2 C sugar (or honey or 12 stevia packs)

3 1/2 tsp baking powder

1 1/4 tsp salt

1/4 tsp ground cinnamon

CREATIVE SCONE ADD-IN OPTIONS (choose at least 4):

vanilla extract

chopped fruit (dried, frozen, or fresh)

- chocolate chips
- shredded coconut
- cinnamon
- lemon zest
- candied ginger
- CREATIVE WHIPPED CREAM ADD-INS:
- sugar/stevia/honey
- lemon/orange zest
- ground cinnamon
- ground nutmeg
- vanilla extract

## Fun-Da-Mentals Kitchen Skills

**bake:** to cook food with dry heat, as in an oven.

**brush:** to apply a liquid, like melted butter or marinade, to a pan or a food.

**chop:** to cut something into small, rough pieces using a blade.

**fold:** to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**preheat:** to set an oven to the desired temperature a few minutes before cooking, so it reaches that temperature by the time you place the food in it.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**seal:** to close tightly, keeping filling inside.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**zest:** to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small

sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

**chop:** to cut something into small, rough pieces using a blade.

**mash:** to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**simmer:** to cook a food gently, usually in a liquid, until softened.

## Equipment

- Plastic or glass jar with a tight fitting lid
- Liquid measuring cup
- Zester (or grater with small zesting plate/side)
- Wooden spoon
- Medium mixing bowl
- Cutting board + kid-safe knife
- Measuring spoons
- Citrus juicer (optional)
- Potato masher (to mash fruit)
- Oven
- Oven mitt
- Baking sheet
- Parchment paper
- Cutting board
- Kid-safe knife
- Large mixing bowl

- Dry measuring cups
- Medium saucepan
- Blender (or pitcher + immersion blender)
- Heat-resistant cups

## Ingredients

### Create-Your-Own Scones

- 2 to 2 1/4 C all-purpose wheat or white flour **\*\* (for GLUTEN ALLERGY sub gluten-free flour blend with xanthan gum)\*\***
- 3 1/2 tsp baking powder
- 2 T + 1 tsp sugar
- 1 tsp salt
- 1 1/2 C heavy whipping cream **\*\* (for DAIRY ALLERGY sub 1 can full-fat coconut milk)\*\***
- Add-in options (choose at least 4, watching for allergies): pure vanilla extract, chopped fruit (dried, frozen, or fresh), chocolate chips, shredded coconut, cinnamon, lemon zest, candied ginger

### Creative Whipped Cream

- 1/2 C heavy whipping cream **\*\* (Omit Creative Whipped Cream for DAIRY ALLERGY)\*\***
- 1 pinch salt
- Creative add-ins: sugar/stevia/honey, lemon/orange zest, ground cinnamon, ground nutmeg, vanilla extract

### Mashed Fruit Jams

- 1 orange
- 1 ripe pear
- 1 apple
- 1 lemon
- 3 tsp sugar

### Kid-Friendly Cappuccinos

- 4 C whole milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- 1/4 C sugar

□ 2 big pinches ground cinnamon

## Food Allergen Substitutions

### Create-Your-Own Scones

**Gluten/Wheat:** Substitute gluten-free flour blend with xanthan gum for all-purpose flour in Scones.

**Dairy:** Substitute 1 can full-fat coconut milk for 1 1/2 C heavy whipping cream in Scones.

### Creative Whipped Cream

**Dairy:** Omit Whipped Cream recipe.

### Mashed Fruit Jams

### Kid-Friendly Cappuccinos

**Dairy:** Substitute dairy-free/nut-free milk for whole milk.

## Instructions

### Create-Your-Own Scones

#### intro

"Halò" (Ha-low)! ("Hello" in Scottish Gaelic!) You'll be making scones today, which originated in Scotland! Kid chefs will choose about 1 tablespoon total add-ins (in whatever combination they like) for each scone.

#### preheat + measure + mix

Preheat the oven to 400 F, then make your scone dough! To a large mixing bowl, measure and add **2 cups flour, 3 1/2 teaspoons baking powder, 2 tablespoons plus 1 teaspoon sugar,** and **1 teaspoon salt.** Mix together. Next, add **1 1/2 cups of heavy whipping cream.** Mix with a spoon until all bits of flour disappear, but don't overmix! If dough is too sticky, add up to 1/4 cup more flour. Set aside the dough.

#### choose + chop + mix

Now for the really fun part! Have kids choose their creative add-in ingredients: dried, frozen, or fresh chopped fruit, herbs, chocolate chips, shredded coconut, cinnamon, lemon or orange zest, candied ginger, etc. in any combinations they like. They can chop and mix together their add-in ingredients.

### divide + fold + flatten

Divide the dough into about 12 pieces. Sprinkle some flour onto a clean, flat surface (like a cutting board or countertop) for each child. Have kids add their creative ingredients and fold them into their dough pieces with their hands. Then they can flatten their scones with their hands.

### brush + bake

Brush each scone with whipping cream and sprinkle with sugar. Arrange scones on a parchment-lined baking sheet and bake for about 20 to 25 minutes until golden brown on top! Top with Creative Whipped Cream and Mashed Fruit Jams!

## Creative Whipped Cream

### zest

Zest a little of the orange or lemon being used in the Mashed Fruit Jams.

### measure + seal + shake

Measure and add **1/2 cup heavy whipping cream** and **1 pinch of salt** to a plastic or glass jar with a tight fitting lid. Seal the jar with the lid and shake!

### recipe tip

Whipped cream takes about 3 minutes of active shaking to form! Listen for a “swoosh”—this is when the consistency of the whipped cream changes and will coat the sides. Check to make sure it’s thick; when it is, it’s ready! Careful not to overshake, or you’ll make butter instead of whipped cream (also delicious)!

### add + stir

Then stir in creative add-ins: **1 pinch of cinnamon, 1 pinch of nutmeg, 1 pinch of sugar, 1 pinch of lemon or orange zest** (from citrus fruit used in Mashed Fruit Jams), and **1 to 2 drops of vanilla extract**. Serve Creative Whipped Cream and Mashed Fruit Jams with freshly baked Create-Your-Own-Scones (see recipes)!

## Mashed Fruit Jams

### chop + mix + mash

Peel **1 orange**, chop it, and add it to a bowl. Chop **1 ripe pear** and **1 apple** and add them to the chopped orange. Squeeze the juice from **1 lemon** over the chopped apple and pear. Add **3 teaspoons of sugar** to the fruit. Mix and mash the fruit until the texture resembles jam! Serve over freshly-baked Create-Your-Own Scones (see recipe) and enjoy!

### recipe tip

Use your blender to get a smooth, jam-like consistency!

## Kid-Friendly Cappuccinos

### measure + simmer

Measure and add **4 cups milk** to a saucepan and bring it to a simmer. Add **1/4 cup sugar** and **2 big pinches of cinnamon** and stir until sugar dissolves, about 3 to 4 minutes. Turn off heat and let cool slightly.

### blend + pour

Carefully add warm milk to a blender (or pitcher + immersion blender) and blend until milk develops a thick foam on top! Then pour into cups and "Slàinte" (Slawn-che)! (Cheers in Scottish Gaelic!)

## Featured Ingredient: Flour!

Hi! I'm Flour!

"Happy Baking, Friends! I'm Flour, and I'm a VIP (Very Important Powder)! I'm really quite useful (and humble). You can use me to make breads, cakes, cookies, crackers, crumpets, doughnuts, muffins, pancakes, pasta, waffles, and more. (Which is your favorite?) I can coat vegetables and meats before frying them in oil, and you can combine me with a fat to make a roux to thicken sauces and gravies. You can even make play dough and glue with me. Can you see now why I'm a VIP?"

### History

Around 8,000 to 15,000 years ago, people discovered that they could crush wheat seeds between simple grindstones to make flour.

When you grind cereal grains, beans, seeds, or roots (like cassava), they become a powder, resulting in flour. Some of the grains besides wheat that can be ground into flour are rye, buckwheat, barley, corn, oat, and rice. Other foods used to make flour are potatoes, acorns, mesquite, cassava, soybeans, garbanzo beans (or chickpeas), amaranth, and even bananas!

Flour is the primary component of bread, and bread is a staple in many countries. Therefore, sufficient amounts of flour are critical, which has caused major economic and political issues at various times throughout history.

### Anatomy & Etymology

Before grains are ground into flour, they are whole pieces taken from a plant.

Each kernel of wheat consists of three parts: the coarse outer bran layer (which contains most of the fiber), the germ, and the endosperm. The endosperm stores the grain's starch, a carbohydrate that the body uses to create energy. Other foods that contain starch are potatoes, pasta, and rice.

Whole-wheat flour is the result of grinding or milling the whole grain. It contains all three parts of the

kernel—bran, endosperm, and germ.

White flour has been refined or polished and bleached to remove the bran. As a result, white flour has less fiber than whole-wheat flour and fewer nutrients, too.

The word "flour" is originally a variant of the word "flower." Both derive from the Old French "fleur" or "flour," literally "blossom," and figuratively "the finest" (of the milled grain).

## How Flour is made

Flour is made in nearly every country in the world.

First, farmers plant wheat seeds, and plants begin to grow. Then, when they are ready to harvest, farmers collect them with giant machines called combines.

Combines cut, separate, and clean the wheat at the same time. The grain must be completely dry before storing, so farmers don't harvest it when it's rainy.

Then, they transfer the flour to a mill (a building where grains are ground into flour), where a miller will oversee the grinding of the wheat grain into flour.

One whole wheat grain makes over 20,000 particles of flour!

## Nutrition

Flour contains protein and is a significant source of carbohydrates.

Carbohydrates are a direct source of energy for the body. Our bodies first have to make some changes to the carbohydrates, but then they are quickly converted to energy by our cells.

Fiber helps to keep our intestines happy, feeding the good bacteria in our gut. Whole-wheat, unbleached flour is an excellent source of fiber.

Whole wheat contains essential nutrients, including vitamins, minerals, healthy fats, protein, and fiber.

Organic, unbleached flour is the healthiest.

Wheat-free and gluten-free flours are vital to people who have celiac disease, wheat allergies, or gluten intolerance (or non-celiac gluten sensitivity). Varieties of gluten-free flours include those made from: almonds, amaranth, buckwheat, corn, garbanzo beans (or chickpeas), millet, quinoa, rice, sorghum, soybeans, and teff.