



## Lemon Berry Scones

By Erin Fletter

**Prep Time** 15 / **Cook Time** 7 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**crack:** to break open or apart a food to get what's inside, like an egg or a coconut.

**cream:** to mix foods together until they become a smooth, uniform blend, like butter and sugar.

**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.

**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).

### Equipment

- Skillet
- Large mixing bowl
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup
- Whisk or hand mixer
- Zester (or grater with small zesting plate/side)
- Wooden spoon
- Heat-resistant spatula

### Ingredients

## Lemon Berry Scones

- 1 3/4 C all-purpose flour + extra if needed **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***
- 2 tsp baking powder
- 2 T granulated sugar
- 1/4 stick or 2 T butter, softened **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance brand)**\*\***
- 1/2 C milk or buttermilk **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free milk)**\*\***
- 1 egg **\*\***(for EGG ALLERGY sub 1 T flaxseeds + 3 T warm water—more info below)**\*\***
- 1 pinch salt
- 2 tsp lemon zest
- 1/4 C frozen blueberries

## Food Allergen Substitutions

### Lemon Berry Scones

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour.

**Dairy:** Substitute dairy-free/nut-free butter, like Earth Balance brand. Substitute dairy-free/nut-free milk.

**Egg:** For 1 egg, substitute 1 T flaxseeds + 3 T warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

## Instructions

### Lemon Berry Scones

#### intro

I have found that making scones with kids is one of the easiest recipes to cook with them. What I love about this recipe is that it doesn't require perfection to turn out okay. The kids are so proud of their work that when they slap a little cream onto them, they think they're the best! So, when kids are measuring a cup of flour, and it is slightly over, or it looks like they are overworking the dough (their hands are lighter than ours), don't fret; give them some creative space and see how they go.

#### cream + crack

Have your kids cream together **2 tablespoons softened butter** and **2 tablespoons sugar** in a bowl with a whisk or an electric hand mixer. Crack **1 egg** into the bowl and mix.

### zest + measure + mix

Zest **1 lemon** and add **2 teaspoons lemon zest** to the butter and egg mixture. Then, add **1/2 cup milk, 1 3/4 cups flour, 2 teaspoons baking powder,** and **1 pinch of salt** and mix until it just comes together into a dough. If it is too sticky, add another **1 tablespoon of flour**.

### add + fold

Add **1/4 cup of frozen blueberries** to the dough and have your kids gently fold them into the dough. The dough will turn purple!

### divide + cook

Turn the dough out onto a floured surface and fold over until smooth, then divide the dough into about 12 pieces. Have your kids flatten their scones with their hands. Heat a skillet on your stovetop over medium-high heat. Test to see if it is hot enough by sprinkling a little flour on it—if it turns light brown in a few seconds, the skillet is ready. Place your scones on your preheated skillet and cook for 5 to 7 minutes per side, turning the scones when they have risen and the bottoms are golden brown. Continue to cook until the other side is also browned and the scone is cooked entirely.

### cool + serve

Remove the scones from the heat and let them cool for a few minutes before serving. Serve while still warm with butter or clotted cream, like our **Quick Clotted Cream!**

## Featured Ingredient: Blueberries!

Hi! I'm Blueberry!

"Have you heard the saying, "as American as apple pie?" Well, with no offense to the apple—which is certainly a fine fruit—we blueberries think that classic saying should read, "as American as blueberry pie." Blueberries are one of the few fruits native to North America, and apples aren't (unless you count Pacific crabapples). And don't worry about our powdery coating. It's called epicuticular wax (but you can call it "bloom"), and it protects our skin. I guess you could say we bloom where we're planted!"

### History

Blueberries are a genuinely natural blue food due to a pigment called anthocyanin. Native Americans used blueberries to make dye for textiles and baskets, and colonists made paint out of blueberries by boiling them in milk.

Blueberries have impacted the culture, cuisine, and even survival of Americans for centuries. From the times of the earliest indigenous people to the present day, blueberries have been a valued food staple. They've provided enjoyment during times of abundance and have held starvation at bay during times of scarcity.

In the 1860s, blueberries were gathered, packaged, and sent to Union troops during the Civil War. The Shakers made the traditional blue paint used in their homes from blueberry skins, sage blossoms, indigo, and milk.

American poet, Robert Frost, wrote a poem called "Blueberries" that may have been inspired by his youth picking or eating blueberries.

Maine is the leading wild blueberry producer in the United States, and Oregon produces the most cultivated blueberries.

How official are blueberries? Consider these official state foods: Maine's state fruit is the wild blueberry, and their state dessert is Maine blueberry pie; Minnesota's state muffin is the blueberry muffin; New Jersey's state fruit is the Northern highbush blueberry; and North Carolina's state berry is the blueberry. July is National Blueberry Month because it is the peak of the harvest season.

## Anatomy

Blueberry plants are woody shrubs. There are lowbush (or wild) and highbush (or cultivated) varieties. Canada grows the most lowbush blueberries in the world, and the United States produces about 40 percent of the highbush variety.

Native Americans once called blueberries "star berries" because the five points of blueberry blossoms make a star shape.

Blueberry plants can be grown in a large container (at least 2 feet deep and wide) if grown in acidic soil with good drainage. Plant them in the Spring and put the container in a sunny spot. They do not produce berries in the first year. It may take about five years for a full harvest.

## How to Pick, Buy, & Eat

Blueberries turn from reddish-purple to a deep blue when they are ripe. Choose berries that are blue, plump, dry, and somewhat firm. Avoid blueberries that are white or green as they are far from mature. If there are stains on the container, some of the berries may be bruised. They may have a light dusting of grayish powder (or bloom) on their skin, which is normal.

Do not wash your blueberries before freezing, storing, or eating them. However, you will want to sort through the berries and remove any that are wrinkled or covered in a white fuzzy mold, so they do not spoil the rest. Refrigerate your blueberries with good air circulation and plan to eat them within a week if possible.

If you stir some fresh blueberries into your muffin batter, you will have the most popular muffin flavor in the United States. They are also delicious in salads and breakfast cereal, especially oatmeal, juice, pies, jams and jellies, sauces, and syrup. Dried blueberries are also good in cereals and batters.

North American indigenous people used blueberries to make "pemmican," a high-energy food consisting of dried meat, often game meat, dried berries, and tallow (rendered animal fat). They would pack it for sustenance on long journeys. European fur traders and explorers adopted it for their travels. Pemmican is still eaten today.

Blueberries have been valued as a highly nutritional food and for their medicinal properties and even for non-food uses such as making paints and dyes.

## Nutrition

Blueberries contain more antioxidants than most other fruits or vegetables and may help prevent damage caused by cancer, heart disease, and Alzheimer's. In addition, the anthocyanin present in blueberries is good for eyesight.

Blueberries are a great source of many essential nutrients such as vitamin C, manganese, potassium, iron, and many others.

The calories in blueberries amount to only 80 per cup.

Blueberry juice had medicinal value for Native Americans and was used to treat persistent coughs and other illnesses.