

# Sticky Fingers Cooking®



## Perfectly Peach Scones

By Erin Fletter

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

## Fun-Da-Mentals Kitchen Skills

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

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

**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.

## Equipment

- Skillet
- Large mixing bowl
- Measuring spoons
- Whisk or electric hand mixer
- Cutting board
- Kid-safe knife
- Citrus squeezer (optional)
- Liquid measuring cup
- Dry measuring cups
- Wooden spoon
- Heat-resistant spatula or turner

## Ingredients

## Perfectly Peach Scones

- 1/2 stick or 4 T butter, softened **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free butter)**\*\***
- 2 T granulated sugar
- 1 fresh peach (2 T chopped for scones; 2 T to add to clotted cream if making)
- 3/4 C milk **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free milk)**\*\***
- 2 tsp lemon juice
- 2 C all-purpose flour + more as needed **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***
- 4 tsp baking powder
- 3/4 tsp salt
- vegetable oil **\*\*** to grease pan

## Food Allergen Substitutions

### Perfectly Peach Scones

**Dairy:** Substitute dairy-free/nut-free butter. Substitute dairy-free/nut-free milk.

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

## Instructions

### Perfectly Peach 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 + chop

Have your kids cream together **1/2 stick or 4 tablespoons softened butter** and **2 tablespoons sugar** in a large mixing bowl with a whisk or an electric hand mixer. Then have kids chop **1 peach** into small pieces and set to the side (to use in scones and in clotted cream if making).

#### measure + mix

Next, have your kids measure and add **3/4 cup milk, 2 teaspoons lemon juice, 2 cups flour, 4 teaspoons baking powder,** and **3/4 teaspoon salt.** Mix until it just comes together in a dough. If it is too sticky, add **1 tablespoon of flour.**

#### add + fold

Add **2 tablespoons of the chopped peaches** to the dough and have your kids gently fold them into the dough.

#### divide + cook

Turn the dough out onto a floured surface and fold over until smooth, then divide the dough into about 12 pieces and have your kids flatten their scone with their hands. Heat a skillet on your stovetop over medium-high heat. Test to see if it is hot enough by sprinkling some flour on it—if the flour 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 them when they have risen and the bottoms are golden brown.

#### cool + serve

Remove the scones from the heat and let them cool for a few minutes before serving. Serve while still warm with **Quick Clotted Cream** and **Easy-Peasy Peach Compote!** "Ith do leòr" (Eeth dhu lyor) or "Enjoy your meal" in Scots Gaelic (literally, "eat enough")!

## Featured Ingredient: Peach!

Hi! I'm Peach!

"Did you know I'm related to almonds, apricots, cherries, and plums? We're all part of the Rose family! You may know my cousin, Nectarine, who has smooth skin compared to my fuzzy skin. We're both juicy and delicious summer fruits that are wonderful to eat whole or sliced and added to fruit salads and ice cream!

### History & Etymology

Archeological evidence points to the peach's domestication in China as early as 6000 BCE.

In China, peaches are considered a symbol of good luck, protection, longevity, and friendship and are found in many Chinese paintings, poetry, and on porcelain as far back as 551 BCE.

China is the biggest producer of peaches worldwide, and Italy is the second largest.

Columbus brought several peach trees to America on his second and third voyages.

Spanish monks established the first peach orchard in Florida in the mid-1500s.

Georgia, also known as the Peach State, has many peach orchards, although California produces about 50 percent of all peaches in the USA.

Georgia claims it makes the "world's largest peach cobbler" at the annual Georgia Peach Festival. It measures 11 feet by 5 feet and uses 75 gallons of Georgia peaches.

The Guinness World Record for the largest fruit cobbler is a 2,251-pound peach cobbler made by Hampton

Inn of Ruston, Louisiana, for the Louisiana Peach Festival in 2015. It used 819 gallons of peaches!

The peach is the official state fruit of both Georgia and South Carolina.

The word "peach" comes from late Middle English, from the Old French "pesche," from the medieval Latin "persica," from the Latin "persicum." These European derivations came from the belief that peaches originated in Persia (modern-day Iran). In fact, the scientific name for peach, "Prunus persica," means "Persian plum."

## Anatomy

The peach is a member of the Rosaceae family and a close relative of almonds.

Peaches are stone fruit related to apricots, cherries, and plums. They have soft, fuzzy, pinkish-yellow skin, and their flesh can vary from almost white-yellow to almost red. Each peach has a pointed, furrowed, egg-shaped seed in the middle, which either comes away easily (freestone) or is difficult to remove (clingstone).

A nectarine is a variety of peach that has smooth skin. Its skin is usually redder, and its flesh can be either white or yellow.

## How to Pick, Buy, & Eat

It is an ideal snack between meals—eating a peach can give you the feeling of being full, so you will eat less, which is great for losing weight. An average peach contains about 35 to 50 calories and an insignificant amount of fat.

Peaches are best from June to the end of August.

A ripe peach will smell sweet and have a slight give when pressed, but squeeze very gently since the fruit bruises easily. It should be dark yellow with no green and have a round shape.

If a peach is not ripe when bought from the store, it will ripen at home if you leave it on a counter at room temperature. Refrigerate peaches to slow their ripening.

Peaches are a great snack fruit to eat whole, but you can also add sliced or cubed fresh peaches to hot or cold cereal, fruit salads, cakes, pies, cobblers, and ice cream. You might even try cutting them in half and grilling them.

## Nutrition

Peaches are a moderate source of vitamin C, which helps your body heal and boosts immunity against disease. They also provide small quantities of vitamin E, niacin, potassium, and other vitamins and minerals.

Potassium helps maintain proper fluid levels inside cells, which helps maintain blood pressure. It also aids

proper muscle function.

Yellow-fleshed peaches also supply some beta-carotene that converts to vitamin A in the body, which is good for eye health.

The dietary fiber in peaches aids digestion, and antioxidants help to protect cells by preventing oxidation.