



chocolate chip buttermilk scones (whole wheat)

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Ingredients

Adapted from Lori Baltazar's Saturday Morning Scones

(www.dessertcomesfirst.com)

(Yields 8 large triangular scones)

3 C whole wheat flour

1/3 C brown sugar

2½ t baking powder

½ t baking soda

¾ t salt

1.5 sticks cold butter, cut into small cubes

1 C low-fat buttermilk or 1 C low-fat milk + 1 T distilled vinegar

Instructions

Preheat oven to 425°F. Line a baking sheet with parchment/wax paper.

In a bowl, combine the flour + sugar + baking powder + baking soda + salt. Mix well.

Mix the flour and cold butter cubes with your hands (the best tools) until the mixture becomes crumbly. Do not overmix.

Pour in the buttermilk in parts, mixing the dough with your hands after each addition. Continue to pour in the buttermilk until the mixture becomes doughy and soft. I only used up about 3/4 C of the liquid. Be careful not to pour in too much liquid.

Flour the rolling pin and work surface and start working and kneading the dough. Remember not to overknead as it will yield to a tough dough. Just work the dough for

less than a minute.

With the floured rolling pin, roll out the dough into a circle (I prefer them 5 inches thick) and cut the circle into about 8 triangles. Place the triangles on the baking sheet and glaze /brush them with heavy cream.

The scones of this size and thickness will bake for about 12 mins or until the outside is golden and the scones, firm to the touch. Let the scones cool for a bit.

Melt the butter in a sauce pan and add the honey until thick enough.

Brush the freshly baked scones with the honey-butter and enjoy while they're warm!

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Important things to keep in mind:

1. The butter has to be cold or fresh from the fridge.
2. If working with your hands, do it fast (especially if working in a warm environment) so as not to quickly melt the butter. (Cold butter keeps the dough flaky)
3. It's recommended to keep the buttermilk cold as well.
4. Never ever get "knead/mix-happy" so as not to produce a tough dough. Treat the dough gingerly and do not exert too much force on it.