

Lemon Blueberry Sourdough Scones (AmyBakesBread.com)

Dry Ingredients:

380g flour, scant 3 c. (can sub ½ flour to
½ protein powder)

65g sugar, 1/3 c.

15g baking powder, 1 T.

3g salt ½ t.

113g unsalted butter, 8 T.

250g fresh blueberries, 1½ c. (see notes
if using frozen)

Wet Ingredients:

2 large eggs

100g sourdough discard, ½ c.

60g heavy whipping cream, ¼ c.

20g milk, 4 t. (can use cream instead)

4g vanilla, 1 t.

Lemon zest from 1 lemon

Glaze:

130g powdered sugar, 1 c.

30g heavy whipping cream, 2 T.

About 20g Lemon juice (from 1 lemon)

Lemon zest from 1 lemon

Pinch of salt

Instructions:

1. Preheat the oven to 425°F.

2. In a medium-sized bowl, whisk together the flour, sugar, salt and baking powder. Grate the cold butter into small pieces and whisk into the flour mixture until the little pieces of butter are spread throughout and coated with flour. Alternatively, you can use a pastry cutter. Add the blueberries to the flour mixture and fluff together with a fork.

3. In a separate bowl whisk together the eggs, sourdough discard, heavy cream, milk, vanilla and lemon zest until smooth and incorporated.

4. Add the liquid to the flour mixture and stir together with a fork or spoon until moistened and sticking together. If you have a lot of flour leftover in the bowl, add a little extra cream a teaspoon or so at a time until it comes together. As you mix, some of the blueberries will break open. Work quickly and do your best not to burst too many blueberries as they add extra liquid to the scone dough. Scone dough will resemble pie dough more than cookie dough. The key is to not over-mix it – knead it once or twice until all of the flour is incorporated.

5. Pull out a sheet of parchment paper and add a little flour on top of it. Turn the dough out and pat into a circular shape, about 8-10 inches round and 1 inch thick. Using a sharp knife, cut the scones into eight triangular slices.

6. Place the parchment paper with the scones on it on top of a baking sheet. Separate the scones so they aren't touching (they will expand) and bake the scones for about 15 minutes (depending on how crispy you want the edges).

7. While the scones are baking, mix up the simple glaze. Whisk together the powdered sugar, heavy cream, lemon juice, lemon zest and salt. Add a little more cream if you want a thinner consistency.

8. Once scones are finished baking, pull them out of the oven and let cool about 5 minutes before pouring on the glaze.

NOTES

Make-ahead option: Freeze the scones before baking and keep frozen for up to a month. When you're ready to bake them, preheat the oven and bake, adding a few extra minutes to the bake time.

Sourdough Discard: In order to avoid a stronger sourdough flavor, use sourdough discard that is fresh or no more than a day or two old. I always use 100% hydration sourdough discard. If your discard is very runny, you may need a little extra flour in this recipe.

Using Frozen Blueberries: Do not thaw them, add them straight into the dry ingredients. Gently mix so they are covered in the flour mixture before adding the liquid ingredients on top.