



Strawberries & Cream Scones for Valentine's Day are also made with white chocolate chips and butter. Michael Vosburg / Forum Photo Editor

Strawberries & Cream Scones

Makes: 8 large scones or 16 small scones

Ingredients:

2 cups all-purpose flour
3 tablespoons granulated sugar
1 tablespoon baking powder
Pinch of salt
1/2 cup (1 stick) unsalted butter, cut into 1/4-inch cubes and chilled until very cold
1 cup + 2 tablespoons heavy cream, very cold
2 teaspoons pure vanilla extract
1/2 cup white chocolate chips
1 1/2 cups fresh strawberries, chopped into quarters or sixths (not small-dice)

Directions:

Preheat oven to 425 degrees and line a baking sheet with parchment paper. For best results shaping the dough, grease and flour an 8- or 9-inch square baking pan and set aside.

Place flour, sugar and baking powder in a food processor fitted with the blade attachment and pulse 12 to 15 times until combined, or place ingredients in a large bowl and use a whisk to combine. Add the diced butter and pulse again 12 to 15 times until the mixture resembles coarse meal or use a pastry blender or 2 forks to cut in the butter.

Turn the mixture out into a large bowl (if using a processor) and add the white chocolate chips and chopped strawberries. Use a spoon or rubber spatula to gently stir until evenly combined.

Mix the heavy cream and vanilla together and slowly add to the scone mixture, using a fork to stir together until a dough begins to form. Turn the dough out onto a piece of parchment or wax paper and use the paper to wrap the dough into a ball. The dough is very sticky at this point, and using paper makes forming the ball easier, and also keeps your hands from melting the butter.

Use your hands to gently press the dough ball into the prepared baking pan, handling the dough as little as possible. Place a large cutting board over the pan and flip it over, gently tapping the bottom until the dough is released. If not using a pan to help shape the dough, use your hands to form the dough into an 8- or 9-inch square, handling the dough as little as possible, then follow directions to cut the scones. Use a large, sharp knife to cut the scones into desired shape.

For 8 large scones, cut down the middle from top to bottom, and then across the middle from side to side. Next, cut diagonally from corner to corner for 8 evenly sized scones. For 16 small scones, follow steps to make 8 scones, then cut each scone in half from top to bottom.

Place the scones on the parchment lined baking sheet about 2 inches apart. For best results, place the sheet in the freezer for 20 to 30 minutes before baking. The cold will help create pockets of steam, which will increase the height and flakiness of the scones.

As the scones chill, use a fork or whisk to beat the egg and milk until frothy and combined; set aside. Remove baking sheet from freezer and brush the top and sides of each scone with the egg wash, wiping any excess from the parchment.

Bake on the center rack of the oven for 12 to 15 minutes, until the tops are golden brown, and the sides are firm. Remove from oven and transfer scones to a wire rack to cool for 5 to 10 minutes.

To store: Store in an airtight container at room temperature for up to 3 days.

To freeze unbaked scones: Flash-freeze them first on a baking sheet for 1 hour, then transfer to a freezer bag or airtight container and freeze for up to 3 months (even longer if using a deep freeze). Bake without thawing (amount of time to preheat oven is just fine), adding 2 to 3 minutes baking time if needed.

To freeze baked scones: Wrap each individually in plastic, transfer to a freezer bag or airtight container and freeze for up to 6 months. Thaw at room temperature before unwrapping and, for best results, heat in the oven at 350 degrees for 8 to 10 minutes until warm.

Published Feb. 12, 2020, by The Forum of Fargo-Moorhead/Inforum.com

"Home with the Lost Italian" is a weekly column written by Sarah Nasello featuring recipes by her husband, Tony Nasello. The couple owned Sarello's in Moorhead and lives in Fargo with their son, Giovanni. Readers can reach them at sarahnasello@gmail.com.