

WASHINGTON RED RASPBERRY SCONES

These delicious scones use frozen red raspberries in a buttermilk dough to create a rich, colorful pastry that can be served warmed for breakfast or as a side for a salad.



PORTION SIZE: 1 SCONE

CREDITING: One portion provides 1.75 oz. eq. grain.



INGREDIENTS	45 SERVINGS	DIRECTIONS
Butter, unsalted	15 ounces	Preheat oven to 425 °F and set fan to low setting, if possible. 1. Melt the butter and allow to cool just a bit. 2. Add the cold buttermilk to the melted butter. Let sit for a minute, then gently stir to create chunks of chilled butter mixed with the buttermilk. Set aside. 3. Combine the flours, sugar, baking powder, baking soda and salt. 4. Add the frozen raspberries to the dry ingredients and stir once to just coat the raspberries with the flour mixture. 5. Add the buttermilk and butter mixture. Gently mix just until the dry ingredients are moistened, then stop mixing. It is okay if there are a few lumps of flour. Do not overmix or the berries will break down and color the dough. 6. Line a baking sheet with parchment paper and spray lightly with vegetable oil. 7. Use a #12 scoop to portion 1/3 cup mounds of scone dough onto the prepared baking sheet. Space scones 2 inches apart. 8. Bake scones for 12 to 14 minutes, or until the tops are just golden brown. 9. Cool scones on the sheet pan at room temperature.
Buttermilk, low-fat	1 quart, 1 cup	
Flour, whole wheat	1 pound 7 ½ ounces	
Flour, all purpose	1 pound 7 ½ ounces	
Sugar	8 ½ ounces	
Baking powder, double acting	3 tablespoons, 1 teaspoon	
Baking soda	2 ½ teaspoons	
Salt	2 ½ teaspoons	
IQF whole Washington red raspberries, frozen	1 pound, 5 ounces	

NUTRITION INFORMATION			1 serving = 1 scone		
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	212		Total Carbohydrate	31	(g)
Total Fat	8	(g)	Dietary Fiber	3	(g)
Saturated Fat	5.5	(g)	Total Sugars	8	(g)
Cholesterol	21	(mg)	Vitamin D	n/a	(IU)
Sodium	320	(mg)	Calcium	117	(mg)
Protein	5	(g)	Iron	1.4	(mg)

NOTES
Scones may be served warmed or room temperature.
YIELD/VOLUME
45 servings
SOURCE
Chef Garrett Berdan