

[Simple Blueberry Scones...America's Test Kitchen](#)



You will need:

8 TBS unsalted butter
1 1/2 cups fresh blueberries
1/2 cup whole milk
1/2 cup sour cream
2 cups all-purpose flour
1/2 cup sugar
2 tsps baking powder
1 tsp fresh lemon zest(I used orange zest...and a bit more than 1 tsp:))
1/2 tsp salt(I like to use a bit less)
1/4 tsp baking soda

Topping:

2 TBS melted butter
raw sugar, for sprinkling
Powder sugar glaze:(my addition, purely optional)

Directions:

Freeze your butter before starting. You can do it the night before, or a few hours before.
Preheat oven to 425 deg. Line a baking sheet with parchment. Set aside.
Grate 8 TBS of butter and set aside in the freezer, again.
Freeze your blueberries until you need them in the folding process.
Whisk the milk and sour cream together. Refrigerate until needed.
In a large bowl, whisk the flour, 1/2 cup sugar, baking powder, lemon zest, salt, and baking soda.



Add the frozen, grated butter and toss until coated thoroughly.



Fold in the cold milk/sour cream mixture...just until combined. Do not over mix. You might have some floury bits at the bottom of the bowl...

Turn the dough and any floury bits on a well floured countertop. Flour your hands and the dough and knead for 6-8 times...be gentle. It should just hold together in a raggedy ball. It is a soft/wet dough. It will stick as you knead, so add a bit of flour to prevent it from sticking. I like to use a bench scraper to lift the dough off the countertop.

Roll dough out in a 12 inch(or so) square. Fold the top and bottom of the dough over the center.



Like a business letter. Fold the sides of the dough to form a 4 inch square.



Chill the dough in the freezer for about 5 minutes. Flour your countertop again. Roll the chilled dough again in a 12 inch square. Sprinkle the chilled berries evenly over the whole surface.



Loosen the dough with a bench scraper. Roll the dough in a log, jelly-roll style.



Turn the seam side down and press down on the log to form a 12x4 inch rectangle. With a floured knife, cut the dough in 4 small rectangles. Cut each rectangle in 2 triangles.



Place the scones on a parchment lined baking sheet. Brush with melted butter and sprinkle with some raw sugar(or regular).



Bake for 18-25 minutes OR until light golden brown(I like to place my scones in the fridge for about 20 minutes...this way, they don't spread out so much. The directions doesn't say to do that, but I like to do that for mine). Cool 10 minutes. Drizzle with some icing....or leave plain.