

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Warm Scones, Right from the Oven, Drizzled with Honey

Fast, Easy and Foolproof:

Cheddar Cheese Scones

1 ½ Cups Whole Wheat Pastry Flour
 ½ Cup All Purpose Flour
 2 Tsp Baking Powder
 ½ Tsp Baking Soda
 ½ Tsp Table Salt
 1 TB Sugar
 3 TB Cold Unsalted Butter
 1 Cup Shredded Light Cheddar
 1/3 Cup Toasted Chopped Pecans
 3/4 Cup Light Buttermilk
 1 Large Egg, Beaten

Step One Preheat the oven to 400° F. Line a baking sheet with a *Silpat or parchment paper.

Step Two In a medium bowl, whisk together the flours, baking powder, baking soda, salt and sugar.

Step Three Cut the butter into small pieces and add it to the flour mixture. Incorporate it with a pastry blender or knives until the mixture resembles *coarse crumbs. Add the cheese, pecans, then buttermilk and stir until the dough comes together.
Step Four Turn out the sticky, crumbly dough onto a piece of parchment or a *Silpat. Gather the dough into a circle, approximately 8 inches across and 1 inch thick, being careful not to *overwork the dough.

Step Five Transfer the dough to the prepared baking sheet. Cut into 8 wedges and brush the tops with the egg. Pull the wedges apart to separate slightly. Bake for 20 minutes, or until lightly browned.

2 Kitchen Smidgen

*One of my favorite cooking teachers would say: "Remember, the crumblier it is raw, the flakier it'll be baked". When you are working biscuit, scone, tart or pastry dough handle it as little as possible, little gobs of butter in the formed dough are good!

3 Get Creative

If you don't have a *Silpat non-stick baking mat, it's time to buy one. A Silpat will allow you to make baked goods, candy or even roast vegetables without sticking. No nonstick spray or parchment paper needed and the clean up is a breeze. Just a little soap and water and it's ready to put away. It's also great for rolling or patting out any kind of dough.

4 WINE of the Week

S. Orsola Il Cortigiano Prosecco

Italy

Total Wine about \$10.00

Prosecco is Italy's popular answer to Champagne. This sparkler is just what you want for Easter brunch — crisp, fresh flavors complemented by lots of tiny bubbles. It's off dry and full of peach and melon flavors. Try it with your scones and honey, accompanied by some cool fresh fruit.