

Scones from The Orchid Tea Room by Barbara Tea Specialist

This is my basic recipe that I use for all types of scones. I slightly adjust the sugar & milk depending upon the sweetness and liquid content of the fresh fruit. When fresh fruit is not an option I use dried fruit. When using dried fruit, I will add an extra few drops of milk, or allow the dried fruit to soak a few minutes in the milk before adding. I recommend experimenting!

Yield: 8 Scones depending on cut

Preheat oven to 400 °f

2 cups all purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
4 tablespoons sugar
6 tablespoons unsalted butter
1 cup buttermilk
3/4 cup fresh mango cut into small chunks



Cut the butter into small squares and set aside. Combine the dry ingredients and whisk together to blend. Using 2 forks or pastry blender, cut in the butter until it is incorporated and looks like coarse crumbs.

Make a well in the center and pour in the milk. Gently fold to incorporate but do not overwork the dough. Fold in the fruit taking care not to mash or bruise the fruit, especially with blueberries and raspberries. Press the dough out on a lightly floured surface into a circle.

Cut in half and then into triangles. Place the scones on a un-greased cookie sheet and brush the tops with a little milk and a sprinkle of turbinado or raw sugar if desired.

Bake for 15 minutes until beautiful and brown.