Create-Your-Own Scones

By Erin Fletter

Prep Time 20 / **Cook Time** 25 / **Serves** 6 - 12

Fun-Da-Mentals Kitchen Skills

bake: to cook food with dry heat, as in an oven.

brush: to apply a liquid, like melted butter or marinade, to a pan or a food.

chop: to cut something into small, rough pieces using a blade.

fold: to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

preheat: to set an oven to the desired temperature a few minutes before cooking, so it reaches that temperature by the time you place the food in it.

Equipment

☐ Oven

☐ Oven mitt

☐ Baking sheet

☐ Parchment paper

☐ Cutting board

☐ Kid-safe knife

☐ Large mixing bowl

☐ Dry measuring cups

☐ Measuring spoons

☐ Liquid measuring cup

☐ Wooden spoon

Ingredients

Create-Your-Own Scones

☐ 2 to 2 1/4 C all-purpose wheat or white flour **(for GLUTEN ALLERGY sub gluten-free flour blend with xanthan gum)**

☐ 3 1/2 tsp baking powder

☐ 2 T + 1 tsp sugar

☐ 1 tsp salt

☐ 1 1/2 C heavy whipping cream **(for DAIRY ALLERGY sub 1 can full-fat coconut milk)**

☐ Add-in options (choose at least 4, watching for allergies): pure vanilla extract, chopped fruit (dried, frozen, or fresh), chocolate chips, shredded coconut, cinnamon, lemon zest, candied ginger

Food Allergen Substitutions

Create-Your-Own Scones

Gluten/Wheat: Substitute gluten-free flour blend with xanthan gum for all-purpose flour in Scones.
Dairy: Substitute 1 can full-fat coconut milk for 1 1/2 C heavy whipping cream in Scones.

Instructions

Create-Your-Own Scones

intro

"Halò" (Ha-low)! ("Hello" in Scottish Gaelic!) You'll be making scones today, which originated in Scotland! Kid chefs will choose about 1 tablespoon total add-ins (in whatever combination they like) for each scone.

preheat + measure + mix

Preheat the oven to 400 F, then make your scone dough! To a large mixing bowl, measure and add **2 cups flour**, **3 1/2 teaspoons baking powder**, **2 tablespoons plus 1 teaspoon sugar**, and **1 teaspoon salt**. Mix together. Next, add **1 1/2 cups of heavy whipping cream**. Mix with a spoon until all bits of flour disappear, but don’t overmix! If dough is too sticky, add up to 1/4 cup more flour. Set aside the

dough.

choose + chop + mix

Now for the really fun part! Have kids choose their creative add-in ingredients: dried, frozen, or fresh chopped fruit, herbs, chocolate chips, shredded coconut, cinnamon, lemon or orange zest, candied ginger, etc. in any combinations they like. They can chop and mix together their add-in ingredients.

divide + fold + flatten

Divide the dough into about 12 pieces. Sprinkle some flour onto a clean, flat surface (like a cutting board or countertop) for each child. Have kids add their creative ingredients and fold them into their dough pieces with their hands. Then they can flatten their scones with their hands.

brush + bake

Brush each scone with whipping cream and sprinkle with sugar. Arrange scones on a parchment-lined baking sheet and bake for about 20 to 25 minutes until golden brown on top! Top with Creative Whipped Cream and Mashed Fruit Jams!

Featured Ingredient: Flour!

Hi! I’m Flour!

"Happy Baking, Friends! I'm Flour, and I'm a VIP (Very Important Powder)! I'm really quite useful (and humble). You can use me to make breads, cakes, cookies, crackers, crumpets, doughnuts, muffins, pancakes, pasta, waffles, and more. (Which is your favorite?) I can coat vegetables and meats before frying them in oil, and you can combine me with a fat to make a roux to thicken sauces and gravies. You can even make play dough and glue with me. Can you see now why I'm a VIP?"

History

Around 8,000 to 15,000 years ago, people discovered that they could crush wheat seeds between simple grindstones to make flour.
When you grind cereal grains, beans, seeds, or roots (like cassava), they become a powder, resulting in flour. Some of the grains besides wheat that can be ground into flour are rye, buckwheat, barley, corn, oat, and rice. Other foods used to make flour are potatoes, acorns, mesquite, cassava, soybeans, garbanzo beans (or chickpeas), amaranth, and even bananas!
Flour is the primary component of bread, and bread is a staple in many countries. Therefore, sufficient amounts of flour are critical, which has caused major economic and political issues at various times throughout history.

Anatomy & Etymology

Before grains are ground into flour, they are whole pieces taken from a plant.
Each kernel of wheat consists of three parts: the coarse outer bran layer (which contains most of the fiber), the germ, and the endosperm. The endosperm stores the grain's starch, a carbohydrate that the body uses to create energy. Other foods that contain starch are potatoes, pasta, and rice.
Whole-wheat flour is the result of grinding or milling the whole grain. It contains all three parts of the kernel—bran, endosperm, and germ.
White flour has been refined or polished and bleached to remove the bran. As a result, white flour has less fiber than whole-wheat flour and fewer nutrients, too.
The word "flour" is originally a variant of the word "flower." Both derive from the Old French "fleur" or "flour," literally "blossom," and figuratively "the finest" (of the milled grain).

How Flour is made

Flour is made in nearly every country in the world.
First, farmers plant wheat seeds, and plants begin to grow. Then, when they are ready to harvest, farmers collect them with giant machines called combines.
Combines cut, separate, and clean the wheat at the same time. The grain must be completely dry before storing, so farmers don't harvest it when it's rainy.
Then, they transfer the flour to a mill (a building where grains are ground into flour), where a miller will oversee the grinding of the wheat grain into flour.
One whole wheat grain makes over 20,000 particles of flour!

Nutrition

Flour contains protein and is a significant source of carbohydrates.
Carbohydrates are a direct source of energy for the body. Our bodies first have to make some changes to the carbohydrates, but then they are quickly converted to energy by our cells.
Fiber helps to keep our intestines happy, feeding the good bacteria in our gut. Whole-wheat, unbleached flour is an excellent source of fiber.
Whole wheat contains essential nutrients, including vitamins, minerals, healthy fats, protein, and fiber.
Organic, unbleached flour is the healthiest.
Wheat-free and gluten-free flours are vital to people who have celiac disease, wheat allergies, or gluten intolerance (or non-celiac gluten sensitivity). Varieties of gluten-free flours include those made from: almonds, amaranth, buckwheat, corn, garbanzo beans (or chickpeas), millet, quinoa, rice, sorghum, soybeans, and teff.