

goodFOOD

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EXCLUSIVE RECIPE

Blueberry & lemon American-style scones

MAKES 8-10 **PREP** 20 mins plus cooling and resting
COOK 30 mins **EASY** V

*These bakes are a little sweeter and more buttery than their UK counterparts. You can use shop-bought blueberry jam, if you'd like. **Ailsa Burt***

125g salted butter, cold and cubed,
plus extra to serve
450g plain flour, plus extra for dusting
1 tbsp baking powder
75g caster sugar
2 lemons, zested
2 eggs
80ml double cream

50ml milk
2 tsp vanilla paste
4 tbsp demerara sugar
For the jam
175g blueberries
110g golden caster sugar
1 lemon, juiced

1 Start by making the jam. Tip the blueberries, sugar and half the lemon juice into a deep saucepan and bring to a simmer over a medium heat. Cook for 15 mins, stirring often and mashing the blueberries with the spoon, until thickened and syrupy. Pour in the remaining lemon juice and set aside to cool completely. *Will keep chilled in a sterilised jar for a week.*

2 Tip the butter and flour into a bowl and rub together using your hands until you have a mixture of breadcrumb-like pieces with some larger pea-sized pieces. You want to see streaks of butter in the dough. Stir in the baking powder, sugar and lemon zest, then make a well in the centre. In a jug, mix one of the eggs, cream, milk and the vanilla. Pour the egg mixture into the well and stir using a cutlery knife until evenly distributed, then bring the mixture together with your hands until just combined.

3 Line a large baking tray with baking parchment. Heat the oven to 220C/200C fan/gas 7. Lightly flour a clean worktop and tip the dough out. Using your hands, pat the dough into a rough square, about 35 x 35cm and 1½cm thick, then spread the jam over evenly. Fold up one side and then the other over the top. Using a sharp knife, cut into 8-10 triangles. Transfer the scones to the baking sheet and rest in the fridge for 30 mins.

4 Crack the other egg into a bowl and beat well. Liberally brush the top of the scones with the beaten egg, then scatter over the demerara sugar. Bake for 12-15 mins until risen and golden. Remove and leave to cool on the baking tray until just warm. *Will keep in an airtight container for three days.* Serve warm with salted butter.

PER SERVING (10) 434 kcals • fat 16g • saturates 10g • carbs 64g • sugars 29g • fibre 2g • protein 6g • salt 0.7g