



INDIANA STATE FAIR RECIPE TRAIL

Blueberry Cream Scones

COURTESY OF



Indiana Farm Bureau®



Ingredients

- 2 cups all-purpose flour
- 6 tablespoons cold unsalted butter, cubed
- 1/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- Zest of 1 lemon
- 1 cup fresh blueberries
- 1 cup plus 3 tablespoons heavy cream, divided
- 1-2 tablespoons turbinado sugar (optional)



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Instructions

1. Line a baking sheet with parchment paper and set aside.
2. In the bowl of a food processor, combine the flour, butter, sugar, baking powder, salt and lemon zest. Pulse until the mixture forms fine crumbs. If you don't have a food processor, you can do this by hand with a pastry cutter.
3. Transfer the mixture to a large bowl and stir in the blueberries. Add 1 cup plus 2 tablespoons cream and stir with a wooden spoon. You may need to knead the dough in the bowl with your hands.
4. On a lightly floured surface, roll out the dough to about a 1-inch thickness. Using a 2 1/2-inch biscuit cutter (or your preferred size), cut the dough into scones.
5. Place scones on prepared baking sheet and chill in the freezer for 30 minutes. While chilling, preheat oven to 425 degrees.
6. Remove scones from freezer and brush with remaining 1 tablespoon cream. Sprinkle with turbinado sugar, if using.
7. Bake for 18 to 20 minutes, or until scones are golden. Let scones cool for a few minutes on the baking sheet, and then move to a wire rack. Serve immediately.

Fun Facts

- Did you know there are two types of blueberries? Highbush blueberries are the blueberries that are commonly found at grocery stores and farmers markets. Lowbush blueberries are smaller and sweeter. They are often used for processing into juices and jams.
- One cup of blueberries contains 80 calories, 3.6 grams of fiber and 25% of the recommended daily amount of vitamin C. Blueberries also have high levels of antioxidants, such as anthocyanins – the compounds that color blueberries blue.
- Blueberries are commonly grown on “u-pick” farms, meaning the visitors pick their own. In Indiana, blueberry season typically runs from late June or early July into August.