

Basil & Parmesan Scones

Scones, spread with preserves or honey, have long been known as a sweet breakfast or tea-time treat. But savory scones, made with herbs and cheese instead of sugar and fruit, are the perfect lunchtime accompaniment to soup, stew, chili or a salad. Easily prepared, quickly baked and sturdy enough to throw in a lunch bag, scones are a neat way to help you fulfill your grain requirement on the food pyramid.

1 cup King Arthur Unbleached All-Purpose Flour
1 cup Round Table Unbleached Pastry Flour
1 tablespoon baking powder
1/4 cup grated Parmesan cheese
a heaping 1/4 teaspoon salt
2 teaspoons dried basil, or 2 tablespoons finely chopped fresh basil
1/4 cup (1/2 stick) cold butter, cut in pieces
2 large eggs (1 separated, white reserved for glaze)
1/2 cup buttermilk or plain yogurt
additional Parmesan cheese

In a large bowl, mix together the flours, baking powder, cheese, salt and basil. Add the pieces of butter, working them into the flour, as you would with pie crust, till the mixture forms even crumbs.

Beat together 1 whole egg, 1 egg yolk, and the buttermilk or yogurt. Stir gently into dry mixture till the whole thing clings together.

Turn dough onto a well-floured surface and pat into a 1/2-inch-thick rectangle. Using a bowl scraper, baker's bench knife, regular knife or rolling pizza wheel, cut rectangle into squares; cut each square in half diagonally, so you have triangular scones. Make them as large or small as you wish.

Transfer scones to lightly greased or parchment-lined baking sheet. Whisk reserved egg white vigorously, till it becomes somewhat liquid (instead of "clumpy"). Brush each scone with egg white, and sprinkle with some additional Parmesan.

Bake scones in a preheated 450°F oven for 10 minutes, or until light golden brown. Remove from oven and cool on a wire rack. Makes about 20 small (2-inch scones), or fewer large ones.

Nutrition information per serving (1 small scone, 29 g): 80 cal, 4 g fat, 3 g protein, 9 g complex carbohydrates, 35 mg cholesterol, 165 mg sodium, 37 mg potassium, 1 mg iron, 91 mg calcium, 50 mg phosphorus.

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