

Garlic & Sesame Scones

1 cup King Arthur Unbleached All-Purpose Flour
1 cup Round Table Unbleached Pastry Flour
1 tablespoon baking powder
a heaping 1/2 teaspoon salt
1 tablespoon minced garlic
3 oz. (1 small package) cream cheese, cut in pieces 2 eggs (1 separated, white reserved for glaze)
1/3 cup buttermilk or plain yogurt
sesame seeds or whole flax seeds

In a large bowl, mix together the flours, baking powder, salt and garlic. Add the pieces of cream cheese, 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 floured surface and pat or roll 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 sesame seeds.

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 correspondingly fewer large ones.

Nutrition information per serving (1 small scone, 28 g): 71 cal, 3 g fat, 3 g protein, 10 g complex carbohydrates, 32 mg cholesterol, 152 mg sodium, 39 mg potassium, 1 mg iron, 78 mg calcium, 47 mg phosphorus.

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