

SWEET POTATO BISCUITS

Based on a recipe from Pickett's Harbor in Cape Charles, Virginia.

Yield: 1 dozen biscuits

INGREDIENTS:

- 2 cups thoroughly mashed sweet potatoes, warm
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup UNSALTED butter
- 2 cups all-purpose, unbleached flour
- $\frac{1}{2}$ cup whole wheat flour
- 3 TBSPs + 1 tsp baking powder
- $\frac{1}{2}$ tsp freshly ground nutmeg
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{2}$ tsp cardamom
- 1 tsp salt
- extra flour (about $\frac{3}{4}$ s cup) to add in small increments

PREPARATION:

1. Pre-heat oven to 350°
2. In a medium sized bowl, mix first 3 ingredients.
3. Sift remaining dry ingredients and add to potato mixture. Roll out and cut biscuits.
4. Bake for about 20 minutes

BUTTERMILK BISCUITS

Traditional - southern style - biscuits are not exactly diet food - but to be savored once in a while with breakfast...or dunked into your gravy, or ...mmm...!

INGREDIENTS:

- 2 cups flour
- 4 tsps baking powder
- ¼ tsp baking soda
- ¾ tsp sea salt (fine)
- 4 TBSPs butter **COLD!**
- 1 cup low fat buttermilk, chilled

PREPARATION:

1. Pre-heat oven to 450°
2. In a large bowl, mix together the flour, baking powder, baking soda and salt.
3. Rub the butter and shortening into the dry mixture with your fingers, until the mixture resembles bread crumbs. Work quickly so that the butter and shortening don't melt.
4. Make a well in the center of the mixture and pour in the buttermilk. Stir until the dough comes together. (It'll be pretty sticky!)
5. Dust cutting board or counter with a bit of flour, then sprinkle a bit onto the dough and fold over gently 5 or 6 times.
6. Press into a 1" thick round and cut out biscuits with biscuit cutter. Place quite close together on a sheet pan. Bake for 15-20 minutes until light golden brown.

VARIATION: Add 12 ounces shredded sharp cheddar cheese, 1 ounce finely chopped parsley and 1 ounce finely chopped chives to dry ingredients.

COFFEEHOUSE SCONES

Makes 8 wedge-shaped scones.

INGREDIENTS

- 2 cups (260 grams) all purpose flour
 - ¼ cup (50 grams) granulated white sugar
 - 1 tsp baking powder
 - ½ tsp baking soda
 - ¼ tsp salt
 - ½ cup unsalted butter, cold and cut into pieces
 - 2/3 cup low fat buttermilk
 - 1 tsp vanilla extract (optional)
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- about 1 tsp cinnamon
 - about 1 tsp all natural sugar

PREPARATION

1. Preheat oven to 400 ° (200 degrees C) and place oven rack in middle of oven. Line a baking sheet with parchment paper.
2. In a large bowl, whisk together the flour, sugar, baking powder, baking soda and salt. Cut the butter into small pieces and blend into the flour mixture with a pastry blender or two knives. The mixture should look like coarse crumbs. Add the buttermilk and vanilla extract to the flour mixture and stir just until the dough comes together. Do not over mix.
3. Transfer the dough to a lightly floured surface and knead the dough gently and form into a 7 inch (18 cm) round that is about 1 inch (2.5 cm) thick and cut into eight wedges. Transfer the scones to the baking sheet and brush the tops of the scones with a little milk, then sprinkle evenly with the cinnamon and sugar.
4. Bake for about 18-20 minutes or until golden brown and a toothpick inserted in the middle comes out clean. Remove from oven and transfer to a wire rack to cool. Can be stored at room temperature for a few days.

CHOCOLATE SCONES

Makes 8 wedge-shaped scones.

INGREDIENTS

- 1 large egg, lightly beaten
- 1 tsp pure vanilla (OR orange) extract
- 1 $\frac{3}{4}$ cups (235 grams) all purpose flour
- $\frac{1}{4}$ cup (25 grams) Dutch-processed unsweetened cocoa powder
- 1 tsp espresso powder
- $\frac{1}{2}$ cup (100 grams) granulated white sugar
- 2 $\frac{1}{2}$ tsps baking powder
- $\frac{1}{4}$ tsp salt
- $\frac{1}{3}$ cup (75 grams) cold unsalted butter, cut into small pieces
- $\frac{1}{3}$ cup milk or light cream
- $\frac{1}{3}$ - $\frac{1}{2}$ cup (80 ml) dark chocolate chips

PREPARATION

1. Preheat the oven to 375 ° (190 degrees C) and place rack in center of oven. Line a baking sheet with parchment paper.
2. In a small bowl whisk together the cream or milk, egg, and vanilla extract.
3. In a large bowl, whisk together the flour, cocoa powder, sugar, baking powder and salt. Using a pastry blender or two knives, cut the butter into the flour mixture until it resembles coarse crumbs. Stir in the chocolate chips. Add the cream mixture and stir just until the dough comes together (add more cream and/or flour as necessary).
4. Transfer the dough to a lightly floured surface and knead a few times. Shape the dough into a 7 inch (18 cm) round and cut into eight wedges. Brush excess flour from the bottom of the scones, and place on the baking sheet. Brush the tops of the scones with a little cream or milk.
5. Bake for about 18-20 minutes or until they are firm around the edges but a bit soft in the center. A toothpick inserted into the center of a scone will come out clean. Cool on a wire rack. Can serve with clotted cream or softly whipped cream.

Blueberry Scones

Makes 8 wedge-shaped scones

INGREDIENTS

- 2 cups (260 grams) all-purpose flour
- 1/3 cup (65 grams) granulated white sugar
- 2 tsps (10 grams) baking powder
- 1/8 tsp salt
- 6 TBSPs chilled, unsalted butter, cut into pieces
- 1 cup fresh OR frozen (DO NOT DEFROST FROZEN BERRIES!) blueberries
- 1 large egg, lightly beaten
- 1 tsp pure vanilla (OR lemon) extract
- ½ cup non or low-fat buttermilk

For Brushing tops of scones:

- Milk

PREPARATION

1. Preheat oven to 400 degrees F (205 degrees C) and place rack in middle of oven. Line a cookie sheet with parchment paper.
2. In a large bowl, whisk together the flour, sugar, baking powder and salt. Cut the butter into small pieces and blend into the flour mixture with a pastry blender or two knives. The mixture should look like coarse crumbs. Gently fold in the blueberries.
3. In a small measuring cup combine the cream, beaten egg and vanilla. Add this mixture to the flour mixture and stir just until the dough comes together. **Do not over mix the dough or the scones will be tough.**
4. Transfer the dough to a lightly floured surface and knead the dough gently **four or five times** and then pat the dough into a circle that is about 7 inches (18 cm) round and about 1 ½ inches (4 cm) thick. Cut this circle in half, then cut each half into four pie-shaped wedges (triangles). Place the scones on the baking sheet. Brush the tops of the scones with a little cream or milk and bake 18-20 minutes.

Pumpkin-Raisin Scones

Makes 8 wedge shaped scones

INGREDIENTS

- 2 cups (260 grams) all purpose unbleached flour
 - 1/3 cup (70 grams) light or dark brown sugar
 - ½ tsp ground ginger
 - ½ tsp ground cinnamon
 - 1 tsp baking powder
 - ½ tsp baking soda
 - ¼ tsp salt
 - ½ cup (113 grams) cold unsalted butter, cut into pieces
 - 1/3 cup (50 grams) raisins OR craisins
 - ¼ cup (30 grams) toasted and chopped pecans or walnuts
 - 1/3 - ½ cup (80 - 120 ml) buttermilk
 - ½ cup (120 ml) fresh or canned pure pumpkin (if using canned pumpkin make sure there are no spices or sugar added)
 - 1 tsp pure vanilla (OR orange) extract
- Egg Wash:
- 1 large egg
 - 1 TBSP milk or cream

PREPARATION

1. Preheat oven to 400 degrees F (200 degrees C) and place rack in the center of the oven. Line a baking sheet with parchment paper.
2. In a large bowl, whisk together the flour, sugar, spices, baking powder, baking soda and salt. Cut the butter into small pieces and blend into the flour mixture with a pastry blender or two knives. **The mixture should look like coarse crumbs.** Stir in the raisins and nuts, if using.
3. In a separate bowl mix together the buttermilk, pumpkin puree and vanilla and then add the buttermilk mixture to the flour mixture. Mix just until the dough comes together. Do not over mix.
4. Transfer to a lightly floured surface and knead dough gently **four or five times** and then pat the dough into a circle that is about 7 inches (18 cm) round and about 1 1/2 inches (4 cm) thick. Cut this circle in half, then cut each half into 4 pie-shaped wedges (triangles). Place the scones on the baking sheet. Brush the tops of the scones with the egg wash.
5. Place the baking sheet inside another baking sheet to prevent the bottoms of the scones from over browning. Bake for about 20 minutes or until golden brown and a toothpick inserted in the middle comes out clean. Transfer to a wire rack to cool.