



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Grapefruit, Honey, and Yogurt Scones (adapted from Joy the Baker)

Makes 6 scones

I used nonfat Greek yogurt, and it worked fine.

This was my first time segmenting citrus. It wasn't as bad as I was expecting. Branny has detailed instructions in her blog.

As always, you can freeze scones after shaping, before baking. Bake directly from the freezer, adding 2-3 minutes to the baking time.

½ cup plain Greek yogurt
2 tablespoons honey
1 teaspoon vanilla
¼ cup (1.75 ounces) granulated sugar
1 grapefruit, zested, then segmented and coarsely chopped
1½ cups (7.2 ounces) all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
6 tablespoons unsalted butter, cold, cut into ¼-inch cubes

1. Place a rack in the center of the oven; heat to 425 degrees. Line a baking sheet with parchment paper or a silicone mat. In a measuring cup, combine the yogurt, honey, and vanilla. In a small bowl, rub the sugar and the grapefruit zest together until the sugar is moist and fragrant.
2. Place the flour, 2 tablespoons of the sugar mixture, baking powder, baking soda and salt in the bowl of a food processor. Pulse to combine. Add the butter; process in 1-second pulses until the mixture resembles coarse meal. Pour the yogurt mixture over the flour mixture; pulse until the dough is crumbly. Transfer the mixture to a large bowl and fold in the grapefruit pieces.
3. Turn the scone dough out onto a lightly floured surface. Form it into an 8 inch circle, about 1 inch thick. Use a knife or a bench scraper to cut the dough into six triangles. Place on the prepared baking sheet; top with the remaining grapefruit sugar.
4. Bake the scones for 15 to 17 minutes, until they're golden brown. Allow to cool on the pan for 10 minutes before serving. These scones are best served the day they're made.