

## *Breakfast*

### **Scented Scones**

#### **Creme Fraiche Scones: The Basic Recipe**

(with a recipe for creme fraiche sweet double cream)

ALLSPICE SCONES WITH CHOCOLATE  
ANISE SCONES WITH LEMON MASCARPONE  
CINNAMON SCONES WITH ROSE PETAL JAM  
CLOVE SCONES WITH APPLE BUTTER  
FENNEL SCONES WITH GRAPEFRUIT MARMELADE  
GINGER SCONES  
LAVENDER SCONES  
LEMON SCONES WITH CHOCOLATE  
NUTMEG SCONES WITH ORANGE BLOSSOM HONEY  
ROSEMARY SCONES  
SAFFRON SCONES

#### *SCENTED SCONES*

An infinite variety of scones can be made quickly and easily with the following recipe. It uses no butter or egg so it is lower in calories and cholesterol than the traditional recipe. The crumb is a bit more tender and altogether superior. But the best part is the ease with which you can create Scented Scones. Simply mix your favorite herb or spice into the creme fraiche and refrigerate overnight (to give the aromatics time to infuse and scent the creme fraiche). Come morning, mix the creme fraiche with the dry ingredients, and bake. It is a wonderful way to start the day. Cinnamon scones with rose petal jam served with big cups of English tea on a silver tray (in bed) is my favorite.

#### **CREME FRAICHE SCONES: THE BASIC RECIPE**

TEN SCONES

Preheat oven to 450 degrees F

*2 cups sifted cake flour*

*2-1/4 tsp double-acting baking powder*

*1 tbs sugar*

*1/2 tsp salt*

*1 cup creme fraiche*

1. Sift together the flour, baking powder, sugar and salt.
2. Mix the creme fraiche into the dry ingredients. (I like to use my hands for mixing so that I can feel the consistency of the dough.) The mixture should be moist enough that it forms a cohesive dough. If it is too dry, add more creme fraiche, a little at a time, until the dough can be handled.
3. Pat dough out onto a marble slab or pastry board which has been lightly floured.
4. Pat dough until it is 3/4 inches thick. Cut dough with a cutter or knife into desired shapes.
5. Sprinkle the tops with sugar and bake for 15 to 20 minutes, or until they are starting to brown.

These plain scones are good with: Sadie's Sweet Double Cream\* and strawberry preserves, or mascarpone\*\* and Seville orange marmelade, or creme fraiche and strawberry preserves, or sweet butter and rose petal jam

\*\*Creme Fraiche Mascarpone is in the Auxiliary recipes.

### **\*SADIE'S SWEET DOUBLE CREAM**

This is my version of Devon double cream, a classic British double cream. Unlike creme fraiche, Devon cream is not cultured. Its distinctive quality is its flavor) sweet, with a hint of caramelized lactose. It is traditionally served with scones. I have found nothing to surpass this combination. Unfortunately, Devon cream is hard to find, frequently not fresh, and prohibitively expensive. The following recipe lets you turn your creme fraiche into a Devon-style cream that fools even a Briton.

*1 cup creme fraiche*

*2 to 3 tbs sweetened condensed milk, to taste*

*1 Junket rennet tablet (available in most supermarkets)*

1. Mix the sweetened condensed milk into the creme fraiche.
2. Dissolve the rennet tablet in lukewarm water. Add to the creme fraiche mixture.
3. Place in a warm place (about 90 degrees F) for 30 to 45 minutes or until set.
4. Refrigerate until ready to use.

### **Recipes using the basic recipe**

#### **ALLSPICE SCONES WITH CHOCOLATE**

TEN SCONES

Preheat oven to 450 degrees F

*ingredients of basic recipe, with*

*1 tbs allspice berries*

*4 oz semisweet chocolate*

*1 tsp creme fraiche*

1. The evening before, grind the allspice and mix into the 1 cup of creme fraiche. Refrigerate overnight so that the allspice can scent the creme fraiche.
2. Prepare the scones according to the basic recipe, using the scented creme fraiche at step 2.
3. While the scones are baking, melt the chocolate. When it has melted, add 1 tablespoon water to it. This breaks the emulsion and makes the chocolate creamy. Then stir in the teaspoon of creme fraiche. Serve the chocolate as a spread for the scones. Coffee is the beverage of choice.

#### **ANISE SCONES WITH LEMON MASCARPONE**

TEN SCONES

Preheat oven to 450 degrees F

*ingredients of basic recipe, with  
1 tbs anise seeds*

1. The evening before, grind the anise seeds and mix into the creme fraiche. Refrigerate overnight so that the anise can scent the creme fraiche.
2. Prepare the scones according to the basic recipe, using the scented creme fraiche at step 2.
3. Serve with lemon mascarpone.\*

\*The Creme Fraiche Mascarpone recipe is in the Auxiliary Recipes.

### **Lemon Mascarpone**

*6 oz mascarpone  
juice of one lemon  
zest of one lemon, minced*

1. Mix the juice and zest into the mascarpone. Allow to sit for an hour or two before using so that the flavors can blend.

### **CINNAMON SCONES WITH ROSE PETAL JAM**

TEN SCONES

Preheat oven to 450 degrees F

This combination is exquisitely aromatic and my all time favorite. If you are inclined to romantic breakfasts in bed, this, served on a silver platter and accompanied by big cups of English tea, will do very nicely.

*ingredients of basic recipe, with  
2 tbs freshly ground cinnamon*

1. The evening before, grind the cinnamon and mix into the creme fraiche. Refrigerate overnight so that the cinnamon can scent the creme fraiche.
2. Prepare the scones according to the basic recipe, using the scented creme fraiche at step 2.
3. Serve with unsalted butter and rose petal jam. (Rose petal jam is available at Armenian and Middle Eastern markets.)

### **CLOVE SCONES WITH APPLE BUTTER**

TEN SCONES

Preheat oven to 450 degrees F

Freshly ground cloves are essential.

*ingredients of basic recipe, with  
1 tbs whole cloves*

1. The evening before, grind the cloves and mix into the creme fraiche. Refrigerate overnight so that the cloves can scent the creme fraiche.
2. Prepare the scones according to the basic recipe, using the scented creme fraiche at step 2.
3. Serve with apple butter.

## **FENNEL SCONES WITH GRAPEFRUIT MARMELADE**

TEN SCONES

Preheat oven to 450 degrees F

*ingredients of basic recipe, with*

*1 tbs fennel seeds*

1. The evening before, grind the fennel seeds and mix into the creme fraiche. Refrigerate overnight so that the fennel can scent the creme fraiche.
2. Prepare the scones according to the basic recipe, using the scented creme fraiche at step 2.
3. Serve with grapefruit marmelade and big cups of English tea.

## **GINGER SCONES**

TEN SCONES

Preheat oven to 450 degrees F

*ingredients of basic recipe, with*

*2 tsps ground ginger*

1. The day before, mix the ginger with the creme fraiche. Refrigerate overnight to allow the ginger to scent the creme fraiche.
2. Prepare the scones according to the basic recipe, using the scented creme fraiche at step 2.
3. Serve with unsalted butter and Seville orange marmelade.

## **LAVENDER SCONES**

TEN SCONES

Preheat oven to 450 degrees F

*ingredients of basic recipe, with*

*2 tsp lavender blossoms*

1. The day before, mix the lavender into creme fraiche. Refrigerate overnight so that the lavender can scent the creme fraiche. When ready to use, you may remove the lavender by putting the creme fraiche through a tea strainer. (I leave it in.)
2. Prepare the scones according to the basic recipe, using the scented creme fraiche at step 2.
3. Serve with unsalted butter.

## **LEMON SCONES WITH CHOCOLATE**

TEN SCONES

Preheat oven to 450 degrees F

Lemon and chocolate are wonderful together.

*ingredients of basic recipe, with*

*juice of one lemon*

*zest of one lemon, minced*

*4 oz chocolate*  
*1 tbs hot water*  
*1 tsp creme fraiche*

1. Mix the lemon juice and lemon zest into the 1 cup of creme fraiche.
2. Prepare the scones according to the basic recipe, using the scented creme fraiche at step 2.
3. While the scones are baking, melt the chocolate. Add 1 tablespoon hot water to the melted chocolate. This will destabilize the chocolate and make it thick and creamy. Add 1 teaspoon of creme fraiche to the destabilized chocolate. Mix well. Serve the chocolate as a spread for the scones.

### **NUTMEG SCONES WITH ORANGE BLOSSOM HONEY**

TEN SCONES

Preheat oven to 450 degrees F

*ingredients of basic recipe, with*  
*1 tbs freshly ground nutmeg*

1. The evening before, grind the nutmeg and mix into the creme fraiche. Refrigerate overnight so that the nutmeg can scent the creme fraiche.
2. Prepare the scones according to the basic recipe, using the scented creme fraiche at step 2.
3. Serve with orange blossom honey and big cups of English tea.

### **ROSEMARY SCONES**

TEN SCONES

Preheat oven to 450 degrees F

*ingredients of basic recipe, with*  
*1 tbs rosemary leaves*

1. The evening before, grind the rosemary and mix into the creme fraiche. Refrigerate overnight so that the rosemary can scent the creme fraiche.
2. Prepare the scones according to the basic recipe, using the scented creme fraiche at step 2.
3. Serve with mascarpone\* or creme fraiche.

\*The Creme Fraiche Mascarpone recipe is in the Auxiliary Recipes.

### **SAFFRON SCONES**

SIX LARGE SCONES

Preheat oven to 450 degrees F

*ingredients of basic recipe, with*  
*1/4 tsp saffron threads*

1. The day before, mix the saffron with the creme fraiche. Refrigerate overnight to allow the saffron to dissolve and scent the creme fraiche. When you are ready to use, stir the mixture to blend the saffron evenly with the creme fraiche.

2. Prepare the scones according to the basic recipe, using the scented creme fraiche at step 2 (only six large scones in this recipe).
3. Serve with unsalted butter and Seville orange marmelade.