

STRAWBERRY BARLEY SCONES

(Good to the Grain)

1 cup plus 2 Tbsp. barley flour

1 cup all-purpose flour

1/4 cup dark brown sugar

2 tsp. baking powder

1/2 tsp. baking soda

1 1/4 tsp. kosher salt

8 Tbsp. cold, unsalted butter

1/2 cup buttermilk (I used regular milk plus 1 Tbsp. apple cider vinegar)

1 egg

1/2 cup strawberry jam

1 Tbsp. melted butter

1 Tbsp. sugar

Place a rack in the center of the oven and preheat to 350F. Rub a baking sheet lightly with butter. Sift the dry ingredients into a large bowl, pouring back into the bowl any bits of grain or other ingredients that may remain in the sifter.

Cut the butter into 1/2-inch pieces and add them to the dry mixture. Use your hands to rub the butter between your fingers, breaking it into smaller bits. Continue rubbing until the butter is in sizes ranging from rice grains to flattened peas. The more quickly you do this, the more the butter will stay solid, which is important for the success of this recipe.

in a small bowl, whisk together the buttermilk and egg until thoroughly combined. Scrape the buttermilk and egg into the dry mixture, and mix until barely combined.

Use a pastry scraper or a spatula to transfer the dough onto a well-floured surface. The dough may be too sticky to handle; if it is, dust it with flour and fold it together a few times. Divide the dough into 2 pieces. Flour your hands and pat each piece of dough into a disk about 3/4 inch thick and 7 inches in diameter.

Cover one disk with the jam. Top the spread with the other disk and press down gently so that the dough settles into the jam. Brush the dough lightly with melted butter and sprinkle with sugar. Use a sharp knife to slice the circle into 8 triangular wedges, like a pie. Carefully place the wedges on the baking sheet, leaving a few inches between them.

Bake the scones for 22 to 26 minutes, rotating the sheets halfway through. The scones are ready when their tops are golden brown and some of the jam has bubbled over onto the pan. To keep the scones from sticking to the pan, slide a thin spatula underneath them while they're still warm and move them to a baking rack. The scones are best eaten warm from the oven or later that same day.

Makes 8.

NOTE: I like to use parchment paper to line my baking sheet as it prevents the jam from making a mess, and it is easy to "unstick" the scones.

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