

Pumpkin Scones

INGREDIENTS

2 cups all-purpose flour
1/3 cup brown sugar, packed
1 teaspoon cinnamon
1 teaspoon baking powder
3/4 teaspoon ground cloves
1/2 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup (1 stick) unsalted butter, cut into cubes
1/2 cup pumpkin puree
3 tablespoons milk
1 large egg
2 teaspoons vanilla extract

Please choose your glaze:

FOR THE GLAZE

1 cup confectioners' sugar
2 tablespoons milk

OR

FOR THE SPICED GLAZE

1 cup confectioners' sugar
1/4 teaspoon cinnamon
1/4 teaspoon ground cloves
1/4 teaspoon ground ginger
Pinch of nutmeg
2 tablespoons milk

INSTRUCTIONS

Day 1

1. **In a large bowl, combine flour, sugar, cinnamon, baking powder, cloves, ginger, nutmeg, baking soda, and salt.**
2. Add cold butter using your fingers to work the butter into the dry ingredients until it resembles crumbs.
3. In a liquid measuring cup, whisk together pumpkin puree, milk, egg, and vanilla.
4. Pour mixture over dry ingredients and stir using a rubber spatula.
5. Working on a lightly floured surface (cutting board), **KNEAD** the dough 3-4 times until it comes together.
6. Using a rolling pin, roll the dough into **10-by 7-inch rectangle. About 1 inch thick.**
7. **Using a knife, cut the rectangle in half lengthwise, then cut into 2 even pieces crosswise, making four rectangles.**
8. **Then cut each rectangle into two triangles, making 8!**
9. **Wrap up with foil, LABEL Kitchen number, Period number, and store in fridge.**

Day 2

1. **Preheat oven to 400 degrees F.**
2. Place scones onto prepared baking sheet.
3. Place into oven and bake for 10-12 minutes, or until a tester inserted in the center comes out clean. (toothpick)
4. Glaze-

To make the glaze, combine confectioners' sugar and milk. Whisk until smooth. If the glaze is too thick, add more milk as needed; set aside. To make the spiced glaze, combine confectioners' sugar, cinnamon, cloves, ginger, nutmeg and milk. Whisk until smooth; set aside.

5. When the scones are done, cool for 10 minutes and spoon the glaze on each scone before drizzling with spiced glaze.



Post Lab Reflection

As a group, please compare the ingredients that Starbucks uses to our ingredients.

Good afternoon! SILENTLY READ THE INGREDIENTS...thoughts?

Starbucks: (Information found on Starbucks website)

unbleached, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), icing (sugar, water, corn syrup, fructose, contains less than 2% of the following: gum arabic, agar, potassium sorbate [preservative], citric acid, natural flavor, mono- and diglycerides, locust bean gum, cinnamon), unsalted butter (cream [from milk]), pumpkin puree, sugar, whole eggs, honey, buttermilk (from milk), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), soy lecithin, salt, invert syrup, vanilla extract, spices.

1. After reading the ingredients and comparing, which scone is better for you?
2. Why is it important to look at food labels?
3. What are two things you learned from this lab?