

How to Bake Utterly Delicious Scones

美味奇妙鬆餅工作坊

SFCAC CMT Cooking Zoom

三宣愛鄰社廚房

視像烘烤工作坊

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Ingredients 配料

- 2 C flour 麵粉, 4-6 T sugar 糖, 1 T baking power 發酵粉,
1 t salt 鹽
- 8 T butter cut to 16 pieces 牛油切16件
- 1 egg 蛋
- 3/4 C cream 重奶油

...eat and drink...send portions...make great rejoicing

...because they had understood the words that were declared to them. nehemiah 8:12

Steps 步驟

- Whisk dry ingredients 拂打乾配料
- Roll butter & dry mixture, refrigerate 滾動牛油和乾配料
- Whisk wet ingredients 拂打濕配料
- Gently fold wet into dry 輕輕折濕配料進乾配料

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Steps 步驟

- Pat dough to 1" thick 拍麵團一寸厚
- Cut to equal sizes 切成相等大小
- Bake on slightly oiled baking sheet 在小油烤盤上
- Bake at 375°F for 15-16 minutes 烤375°F 15-16分鐘

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緊記 Do's & Don'ts 切忌

*...eat and drink...send portions...make great rejoicing
...because they had understood the words that were declared to them. nehemiah 8:12*

緊記 Do's & Don'ts 切忌

- use very cold butter 冷牛油
- use very cold egg 冷蛋
- use very cold liquid 冷奶
- fold dough & shape dough 折和拍麵團

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緊記 Do's & Don'ts 切忌

- butter & flour should not be cornmeal or crumbly 不要碎
- don't let dough get warm 不要溫暖麵團
- never knead or overmix dough 不揉麵團
- don't over bake 過度烘烤

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How to Encourage Rise 餅如何上升

- keep dough cold 冷麵團
- bake scones in upper third of the oven 烤在烤爐上三分之一
- 1/4 cup of water on the lower rack 四分之一杯水在烤爐下
- don't let the sides of the dough get wet 別要麵團邊濕

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How to Encourage Flakiness 餅如何鬆

- keep dough cold 冷麵團
- do not over handle the dough 別過多觸摸麵團
- letter fold dough 信折麵團

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Q&A
問答

