

APPLE CINNAMON SCONES



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When apples are ripe for the picking, it's a perfect time to make these tender and buttery scones. Topped with a drizzle of maple cinnamon glaze, they make a delectable breakfast or snack.

Ingredients

For the scones:

- 2 cups (500 mL) all-purpose flour
- 1 tbsp (15 mL) baking powder
- ½ tsp (2.5 mL) salt
- 1 tsp (5 mL) ground cinnamon
- ½ cup (125 mL) brown sugar
- ½ cup (125 mL) unsalted butter, very cold and cubed
- ½ cup (125 mL) buttermilk
- 1 egg
- 1 tsp (5 mL) vanilla extract
- 2 apples, peeled, cored and cut into cubes

For the maple cinnamon glaze:

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- ¼ cup (60 mL) unsalted butter
- 1/3 cup (45 mL) maple syrup
- ½ tsp (2.5 mL) ground cinnamon
- 1 cup (250 mL) icing sugar

Preparation

For the scones:

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper or a silicone mat.
2. In a large bowl, combine the flour, baking powder, salt, ground cinnamon, and brown sugar.
3. Add the cubed butter to the dry ingredients. Incorporate it into the mixture by using a pastry cutter until the mixture is crumbly.
4. Use your hands to make sure there are no large pieces of butter remaining (there may still be some small, pea-sized pieces).
5. In a small bowl, whisk together the buttermilk, egg and vanilla extract until thoroughly combined.
6. Make a well in the centre of the flour mixture. Add the wet ingredients, using a spatula to fold everything together.
7. Add the cubed apple pieces and gently mix until incorporated.
8. Transfer the dough to a floured surface and knead, being careful not to overwork the dough.
9. Using your hands, shape the dough into a round, one-inch thick disc. With a sharp knife, cut evenly into eight wedges. If you prefer smaller scones, you can divide the dough in half, making two rounds approximately $\frac{3}{4}$ of an inch thick and cut into six wedges.
10. Transfer the wedges to the prepared baking sheet and bake for 10-12 minutes or until the bottoms and tops are slightly browned.
11. Cool on a wire rack for 10 minutes before glazing.

For the glaze:

1. Melt the butter in the microwave or in a small pot on the stove.
2. Pour the butter into a medium size bowl. Stir in the maple syrup and ground cinnamon.

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3. Add the icing sugar and mix until smooth. The glaze can be drizzled over the cooled scones using a spoon or a piping bag.