

Try This At Home Series

May 5, 2020



Scones

Mitch Stamm and Kristen Lopez

Mitch: Hamelman, Ponsford, Rosada

Now that I have your attention, I'd like to tell you about two scones. Um, there is not a lot left to say about scones. Except this: Would you have clicked on "Two Scones?"

Though categorized as scones, I do not think of these products as being scones. I'm not sure where they would land in a Venn diagram, but it would not be in Scones. The country scone is food. The savory scone stimulates appetites and conversations.

The country scone was a gift from Kate Kelly, a pastry cook at the Sun Valley Resort. I've lost count of how many times I tried to make it more complicated, more technique driven, and more artisanal than it really needs to be. I tried rubbing, rubbing & folding, sanding; I tried long, medium, and short flake fat particles. I pressed them out and cut triangles, squares, and trapezoids. I learned an immutable law of baking; I am not better than the country scone.

Kate drove a restored Studebaker Lark. She was a skilled baker who worked with integrity, nobility, and a smile. This is the way she made the scones.

The savory scone was a tweak by a student during lab work at Johnson & Wales. Stephane Agana's curiosity and refined palate guided her to repurpose a recipe for buttermilk/fruit scones. Of all the recipes I've stolen, the savory scone has proved to be one of the most valuable and versatile. Incorporating local cheese into bread has been the beginning of many conversations. I've brandished it like a weapon at highbrow events, fundraisers, commemorative dinners, high tea, and daily table service. It's an easy, unexpected supplement to a bread program.

Some scone stuff:

- To serve country scones all day for five days at IBIE, we froze the scooped country scones raw, thawing them for daily bakes without compromising the quality.
- We divided the savory scones into 250g units, pressing them into 6"-7" discs, and freezing them. We thawed the discs in the refrigerator overnight and cut them into wedges before baking in the morning.
- For home use, baked country scones freeze well.
- Grill or fry the onions for the savory scone rather than caramelize them to onion jam. They disperse more readily.



Kristen: Country Scones, take me home.

Mitch used one word to describe this recipe to me, soothing. Once he got it into his head that I'd never tried this recipe of his, he responded with the utmost urgency. Texting me a photo of a handwritten recipe as soon as he returned home from his trip out west for Guild business and hiking in the redwoods. He wanted me to make them, and he wanted me to make them yesterday.

I wasn't really sure why, to be honest. They are just scones.

Scones are pretty middle of the road for me, most of the time, I'd rather have a biscuit or a muffin. And more often than not, scones are tough and dry, and taste too much like baking powder and not much else. So why was he so hooked on these things?

Melt the butter and stir it in. Scoop, top with sanding sugar and bake. Okay, I'm listening....

I followed his recipe precisely the first go round. And he was right, they were, in fact, soothing. Just the thing to pair with a foggy and perpetually brisk San Francisco morning. These are not just scones. These are country scones.

Instantly I became just as enamored. And quickly the iterations began with whatever nuts or fruit I could dig up. Though pecans are still my favorite addition.

First: half whole wheat flour

Second: 100% whole wheat

Third: 25% whole rye, rye flakes instead of oats and fresh cherries for dried fruit

Today's: 100% whole einkorn flour, dates, coconut, pecans and candied ginger

Country scones are so soothing....I have even battled through a migraine or two (luckily the scones are easy) to feel comforted by them. But more importantly, to feel closer to home because of them.

Country Scone Contributed by Mitch Stamm

	200 (.04 kg) pieces 8.000 kg	400 (.04 kg) pieces 16.000 kg	600 (.04 kg) pieces 24.000 kg	800 (.04 kg) pieces 32.000 kg
TOTAL FORMULA				
	%	Kilograms	Kilograms	Kilograms
AP Flour	100.00%	2.000	4.000	6.000
Sugar	49.70%	0.994	1.988	2.982
Baking Powder	3.94%	0.078	0.156	0.234
Baking Soda	0.70%	0.014	0.028	0.042
Salt	0.70%	0.014	0.028	0.042
Oats	62.30%	1.246	2.492	3.738
Pecans	29.70%	0.594	1.188	1.782
Raisins	29.70%	0.594	1.188	1.782
Butter, Melted	62.30%	1.246	2.492	3.738
Milk	35.30%	0.706	1.412	2.118
Eggs	24.00%	0.480	0.960	1.440
Vanilla	1.73%	0.034	0.068	0.102
Totals	400.07%	8.000	16.000	24.000

Sanding Sugar as needed

Process Notes - Country Scone

1. Melt Butter (should pour like water when ready to add)
2. Combine all dry ingredients as well as add ins (raisins, pecans & oats)
3. Combine milk, eggs and vanilla
4. Add together wet ingredients with dry ingredients and mix until just combined
5. Use a scoop to portion onto a lined sheet pan
6. Egg wash and top with sanding sugar as needed
7. Bake at 375 degrees for 12-16 minutes

Savory Scone Contributed by Mitch Stamm

	200 (.03 kg) pieces 6.000 kg	400 (.03 kg) pieces 12.000 kg	600 (.03 kg) pieces 18.000 kg	800 (.03 kg) pieces 24.000 kg
TOTAL FORMULA				
	%	Kilograms	Kilograms	Kilograms
Bread Flour	50.00%	1.123	2.246	3.369
Pastry Flour	50.00%	1.123	2.246	3.369
Sugar	12.50%	0.281	0.562	0.843
Salt	1.03%	0.023	0.046	0.069
Baking Powder	5.50%	0.124	0.247	0.371
Butter, cold	33.38%	0.750	1.500	2.249
Buttermilk	52.13%	1.171	2.342	3.513
Eggs	22.06%	0.496	0.991	1.487
Black Pepper	0.51%	0.011	0.022	0.034
Caramelized Onion	20.00%	0.449	0.899	1.348
Gruyere	20.00%	0.449	0.899	1.348
Totals	267.11%	6.000	12.000	18.000

Process Notes - Savory Scone

1. Combine first five ingredients together
2. Flake/Cut butter into flour mixture
3. Add shredded Gruyere and Caramelized Onions to this mixture
4. Whisk together buttermilk, eggs and black pepper
5. Add liquids all at once to flour mixture and stir until just combined
6. Knead on a lightly floured surface until it just comes together
7. Divide dough into .250 kg pieces and shape into 5/6 inch discs
8. Cut into eight triangles
9. Egg wash and top with shredded Gruyere before baking
10. Place scones on a lined sheetpan
11. Bake at 375 degrees 12-16 minutes