



# DEMO

## Blueberry SCONES

Makes 12

### Ingredients

3 cups	All-Purpose Flour or GF Bob's Redmill 1 to 1
2 ½ tsp	Baking Powder
1 tsp	Salt
3 Tbsp	Sugar
8 Tbsp	Butter, frozen
1 ¼ cup	Whole Milk
1 cup	Dried or Frozen Fruit(s), chopped
To Taste	Sliced Almonds

### Equipment

- Chef's knife
- Box grater
- Prep bowls
- Wooden spoon or spatula
- Biscuit/cookie cutter (optional)
- Parchment lined sheet tray

### Directions

1. Preheat oven to 375°F.
2. Grate frozen butter using a box grater.
3. In a large mixing bowl mix flour, baking powder, salt, and sugar until well combined. Add butter and gently toss/mix until well blended.
4. Add fruit(s) and stir. Add milk and stir until a soft, slightly wet dough forms. Turn out the dough onto a well dusted work surface.
5. Roll dough to a ½ inch thickness. Cut into wedges or stamp out into circles using a biscuit/cookie cutter. Place onto a parchment lined sheet tray, sprinkle tops with sliced almonds. Bake for 12-16 minutes until golden brown. Remove to cooling rack.



# WAFFLES WITH MAPLE BUTTER

Team Portion

## Ingredients

2 cups	All-Purpose Flour
3 tsp	Baking Powder
1/2 tsp	Salt
1/4 cup	Sugar
1-1/2 cup	Milk
4	Egg Yolks
1 ½ Tbsp	Vanilla Extract
1 stick	Butter, melted
4	Egg Whites
10 Tbsp	Butter, cubed & slightly softened
3 Tbsp	Maple Syrup or Honey

## Equipment

- Waffle iron
- Mixing bowls
- Whisk
- Electric mixer
- Rubber spatula

## Directions

1. Preheat the waffle iron.
2. Sift together the flour, baking powder, salt, and sugar in a bowl.
3. In a separate bowl, whisk together milk, egg yolks, and vanilla. Pour over the dry ingredients and very gently stir until halfway combined. Pour in the melted butter and continue mixing very gently until combined.
4. In a separate bowl, beat the egg whites with a whisk until stiff. Using a rubber spatula, slowly fold them into the batter very gently until incorporated.
5. Whip the butter & maple syrup together in a stand mixer, with the paddle attachment, for about 5 minutes until smooth & fluffy.
6. Scoop the batter into your waffle iron in batches and cook on high heat until golden brown. Serve immediately with the maple butter.