

## Make your own Cream Scones

Afternoon tea was an important custom in early America. Teatime happened each day between dinner in the early afternoon and supper later in the evening. Light refreshments like cakes and cookies were also served during teatime. Try this recipe for scones and have a teatime just like John Jay.

### Materials:

Flour sifter  
Measuring cups and spoons  
Large mixing bowl  
Mixing spoon  
Fork  
Small mixing bowl  
Cup or small bowl  
Electric mixer or whisk  
Clean cutting surface (a countertop works best)  
Rolling pin  
Sharp knife  
Cookie sheet

### Ingredients:

4 tablespoons butter, softened  
2 cups all-purpose flour  
4 teaspoons sugar  
2 teaspoons baking powder  
½ teaspoon salt  
2 eggs  
½ cup light cream or whole milk  
1 to 2 teaspoons water  
Butter or jam

### Directions:

1. Preheat oven to 450 degrees.
2. Sift the flour, 2 teaspoons of sugar, baking powder, and salt into the large bowl. Stir with the mixing spoon.
3. Use the fork or your clean fingertips to work the butter into the flour mixture, a little at a time.

4. Break the eggs into the small mixing bowl. Save approximately 2 tablespoons of egg white in a small cup or bowl.
5. Beat the egg with an electric mixer or whisk and add to the flour mixture.
6. Stir in the cream or milk until the ingredients are blended. If the dough feels dry and crumbly, add a little more cream or milk.
7. Sprinkle a little flour onto your cutting surface and place the dough on it. Knead the dough for no more than 30 seconds by working it in your fingers like a ball of clay.
8. Press the dough flat with the heel of your hands. Rub a little flour on the rolling pin and roll out the dough into a rectangle, about  $\frac{3}{4}$  inch thick.
9. Place the dough on the ungreased cookie sheet.
10. Ask your adult helper to help you cut the dough. Cut the dough into 12 to 15 squares. You can also make diagonal shapes to have diamond shape scones.
11. Add a teaspoon or two of water to the egg whites. Dip a pastry brush in it, stir a little, then brush the egg white onto the scones.
12. Sprinkle the remaining 2 teaspoons of sugar over the scones
13. Bake for approximately 15 minutes. The tops of the scones should be a light, golden brown.
14. Serve warm with butter and jam.