

Mango Oat Scones

Level: Easy

Serves: 8



Prep Time: 60 minutes

Cooking Time: 22 minutes

1 large ripe but firm Haden mango, chilled

Oat Scone Ingredients:

2 cups all-purpose flour

$\frac{1}{2}$ cup quick oats

6 Tbsp. white granulated sugar

$\frac{3}{4}$ tsp. baking powder

$\frac{3}{4}$ tsp. baking soda

$\frac{1}{4}$ tsp. salt

$\frac{1}{4}$ tsp. ground cinnamon

10 Tbsp. unsalted butter, cut into small cubes and chilled cold

$\frac{3}{4}$ cup cultured lowfat buttermilk

Mango Glaze Ingredients:

1 Tbsp. unsalted butter

$2\frac{1}{2}$ Tbsp. fresh mango juice (from above mango, see instructions on page 2)

1 cup confectioners powdered sugar, sifted



Prepare fresh mango: Remove and discard skin from mango. Cut flesh into chunks and place in a colander. Set aside. Over a small bowl, squeeze the pit/seed to capture all the juice. Discard the pit. Set juice aside.

For the scone: Line a cookie sheet with parchment paper. Set aside.

In a large bowl, mix the flour, oats, sugar, baking powder, baking soda, salt and cinnamon. Add the cold butter. With a pastry blender, cut the butter into the dry ingredients until the dough is crumbly. Add half of the buttermilk, then with a wooden spoon gently stir a couple times. Add the remaining buttermilk and continue to stir gently with the wooden spoon until the dough comes together to form a ball. Do not overwork the dough.

On a flat surface, place a sheet of wax or parchment paper. Place the dough onto the paper (the dough will be sticky) and flatten the dough with your floured hands to form a circle about 2 inches thick. With a large floured knife, cut the dough into eight wedges (like a pie). With a cake server, transfer the wedges to the

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prepared cookie sheet, keeping them about 2 inches apart. Place in the refrigerator for 30 minutes. Preheat the oven to 375°. Before putting the scones in the oven, gently press about 2 to 3 mango chunks into the top of each scone. Do not flatten the shape of the scone while pressing in the mango (see pic on right). Bake for 18 to 22 minutes, or until the edges are lightly browned. Remove from cookie sheet and cool on a wire rack.



For the glaze: Place the leftover mango chunks and any mango juice (that was captured from the pit) into a food processor. Pulse until smooth. Pour the blended mango juice through a strainer to remove any lumps or strings. Set mango juice aside.

Melt 1 Tbsp. unsalted butter over a double boiler. Add 2½ Tbsp. mango juice and 1 cup sifted confectioners powdered sugar. Whisk together until the sugar has melted and the mixture is combined and smooth. Icing should be thick. Remove from heat. Carefully dip the top of the scones in the icing or drizzle the icing over the cooled scones. Icing will harden in about 30 minutes. Best served immediately. If not eaten the day made, store scones in an airtight container and refrigerate. Store any leftover blended mango juice in the refrigerator for another use.