



Date and Walnut Scones with a Maple Glaze

Level: Easy

Prep Time: 45 minutes to 1 hour

Serves: 8

Cooking Time: 15-18 minutes



Scone:

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. coarse kosher salt

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

$\frac{3}{4}$ cup chopped dates (see Notes below)

$\frac{1}{2}$ cup coarsely chopped walnuts

$\frac{3}{4}$ cup cultured low-fat buttermilk

Maple Glaze:

2 Tbsp. unsalted butter

$\frac{1}{3}$ cup pure maple syrup

1 cup confectioners powdered sugar, sifted

To make scone: Line a cookie sheet with parchment paper. Set aside.

In a large bowl, mix the flour, oats, sugar, baking powder, baking soda and salt. Add the cold butter. With a pastry blender, cut the butter into the dry ingredients until the dough is crumbly. Add the chopped dates and walnuts, and fold into the mixture. 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 (it 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 prepared cookie sheet, keeping them about 2 inches apart. Place in the refrigerator for 30 minutes. Preheat oven to 375°. Bake for 15 to 18 minutes, or until the edges are lightly browned. Remove scones from cookie sheet and place on a wire rack to cool.

To make glaze: Melt the butter over a double boiler. Add the maple syrup and sugar, whisk together, and cook until the sugar has melted. Remove from heat and whisk until smooth and slightly cool. Carefully dip the top of the cooled scones in the icing. When all the scones have been dipped once, double dip the top of the scones in the icing again. Best served immediately. If not eaten right away, store in an airtight container and eat within 2 days.

Notes:

- I used Dole® California Chopped Dates. One (8 oz.) bag is more than enough for one recipe.