

- Prep Time: 15 minutes
 - Chill Time: 15 minutes
 - Cook Time: 15-18 minutes
 - Total Time: 45-48 minutes
 - Yield: 8 large or 12 small scones
 - Skill Level: Easy
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Ingredients

For the Scones:

- 2 cups (250g) all-purpose flour, plus extra for dusting

- 1/4 cup (50g) granulated sugar
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon fine sea salt
- 1 tablespoon poppy seeds
- Zest of 2 medium lemons
- 1/2 cup (115g) unsalted butter, very cold and cut into small cubes
- 3/4 cup (180ml) cold buttermilk, plus 1-2 tablespoons for brushing
- 1 large egg, cold
- 1 teaspoon pure vanilla extract

For the Lemon Glaze (Optional but Recommended):

- 1 cup (120g) powdered sugar

- 2-3 tablespoons fresh lemon juice
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Method

1. The Dry Mix (Intensity: Low)

Preheat your oven to 400°F (200°C). Line a large baking sheet with parchment paper. In a large mixing bowl, whisk together the flour, sugar, baking powder, baking soda, salt, poppy seeds, and lemon zest until everything is evenly distributed. The zest should be fragrant and well-coated in the flour mixture.

2. Cutting in the Butter (Intensity: Medium)

Add the cold, cubed butter to the dry ingredients. Using a pastry blender or your fingertips, work the butter into the flour until the mixture resembles coarse meal with some pea-sized pieces of butter remaining. It is crucial to work quickly to keep the butter cold. These small pockets of butter will create steam in the oven, contributing to a flaky texture.

3. The Effervescent Activation (Intensity: Low)

In a small bowl or liquid measuring cup, whisk together the cold buttermilk, egg, and vanilla extract. Pour this wet mixture into the dry ingredients. Using a fork or a spatula, gently stir until the dough just begins to come together. Do not overmix. The reaction between the buttermilk's acid and the baking soda has begun. You want to handle the dough as little as possible to preserve the gas bubbles that will make the scones light.

4. Shaping and Chilling (Intensity: Medium)

Turn the shaggy dough out onto a lightly floured surface. Gently knead it 2-3 times just to bring it together into a cohesive ball. Pat the dough into a 1-inch thick round. Using a sharp knife or a bench scraper, cut the round into 8 wedges. Place the wedges on the prepared baking sheet, spacing them at least 2 inches apart. Chill the shaped scones in the refrigerator for 15 minutes. This step is critical; it re-chills the butter and allows the dough to relax, preventing the scones from spreading too much in the oven.

5. The Bake (Intensity: High)

Remove the scones from the refrigerator and lightly brush the tops with the reserved buttermilk. Bake for 15-18 minutes, or until the tops are a beautiful golden brown and a toothpick inserted into the center of a scone comes out clean. The “effervescent” lift will cause them to rise impressively.

6. Cooling and Glazing (Intensity: Low)

Let the scones cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely. While they cool, prepare the glaze. In a small bowl, whisk the powdered sugar with lemon juice, one tablespoon at a time, until you have a thick but pourable glaze. Once the scones are completely cool, drizzle the glaze over the top. Let the glaze set for a few minutes before serving.

Nutrition Information (Per Scone, based on 8 servings)

Please note that this is an estimate and can vary based on specific ingredients and portion sizes.

- Calories: 295 kcal

- Total Fat: 13g

- Saturated Fat: 8g

- Cholesterol: 55mg

- Sodium: 280mg

- Total Carbohydrates: 39g

- Dietary Fiber: 1g

- Total Sugars: 15g

- Protein: 5g