GLUTEN FREE SOURDOUGH SCONES

Scone Stats

Total Dough Weight: **1,128 grams** (approximately)
Makes: **10-12 Scones**
Hydration: **69 %** Skill Level: **Beginner**

STEP 1 - Use GF Sourdough Discard

You should have a jar of discarded sourdough starter in your refrigerator from building and feeding your starter. It is now time to use it - NO WASTE!!

STEP 2 - Mise en Place

Gather ingredients and baking tools. Preheat oven to 425°F. Grate the cold butter and keep chilled.

STEP 3 - Start the Mix

In a medium bowl, combine the dry ingredients, **EXCEPT** the psyllium husk. Using a fork, cut the cold butter into the dry ingredients.

STEP 4 - Add Wet Ingredients

In another bowl, add the sourdough discard, the milk and the eggs; mix well. Stir in the psyllium husk, and allow it to rest and thicken for 3-4 minutes.

STEP 5 - Shape the Dough

Pour the wet ingredients into the dry ingredients and stir together. Turn out onto a tapioca floured surface, lightly coat your hands with brown rice flour and press the dough into a circle. Cut into 12 equal triangles.

WEIGHT		INGREDIENTS	BAKER'S %
160	grams	sourdough starter (previously discarded)	37.75%
150	grams	sorghum flour	35.25%
100	grams	tapioca starch	23.50%
75	grams	sweet white rice flour	17.60%
75	grams	buckwheat or fine brown rice flour	17.60%
110	grams	raw cane sugar	25.90%
5	grams	sea salt	1.25%
10	grams	baking powder	2.25%
180	grams	milk	42.25%
110	grams	unsalted butter (cold)	25.90%
2	large	eggs	25.00%
25	grams	psyllium husk	5.80%
2		lemons (juice and zest) *omit for savoury scones	

STEP 6 - The Bake >15 - 18 mins

Arrange on a parchment or silpat lined baking sheet and bake at 425°F for 15-18 minutes. Do not over-bake, as they will become dry!

TIPS & OPTIONS >>> **1. For a shiny finish, brush the tops of the scones with an egg wash and sprinkle with raw cane sugar.**

2. Do not over-mix your scones! **3. Watch the video to see the whole process.**

4. Sweet or Savoury Options This recipe can be made into sweet or savoury scones. Feel free to add blueberries, cranberries, chocolate or whatever you like. You may also substitute orange or lime in the place of the lemon. If savoury, omit the lemon if desired and add bacon, cheese, herbs, green onions or whatever you find delicious … be creative! **If using wet ingredients, like frozen blueberries, you may need to bake for an extra 2-4 minutes.*