

Blueberry Scones with Blueberry Chia Jam

Recipe By Sara and Yossi Goldstein



Cooking and Prep:  40
m

Serves:  8

Contains:   

Preference: Dairy

Difficulty: Easy

Diet: Vegetarian, Pescetarian

Source: Whisk by Ami Magazine

Sweet rich pastry oozing with fresh blueberry goodness, paired with a berry-chia jam with no refined sugar.

Ingredients (13)

Scones

- 2 cups all-purpose flour
- 1 tablespoon Haddar Baking Powder
- 1/2 teaspoon salt
- 2 tablespoons sugar
- 5 tablespoons unsalted butter, cold, cut in chunks
- 1 and 1/2 cups fresh blueberries

- 1 cup heavy cream, plus more for brushing the scones
- coarse sugar, for sprinkling

Blueberry Chia Jam

- 2 cups strawberries, sliced
 - 2 cups blueberries
 - 1/4 cup chia seeds
 - 1/2 cup Gefen Honey
 - 2 sticks cinnamon
-

Start Cooking

For the Scones

1. Preheat oven to 400 degrees Fahrenheit.
2. Mix flour, baking powder, salt, and sugar in a large bowl. Add butter, crumbling the mixture with your fingers to form coarse crumbs. Gently toss in the blueberries.
3. Make a well in the center of the crumbs and pour in the heavy cream. Mix.
4. Remove the dough from the bowl and place on a lightly floured surface. Form the dough into a long rectangle.
5. Using a knife, cut triangles from the dough and place on prepared baking sheet.
6. Brush the top of the scones with heavy cream and sprinkle lightly with coarse sugar. Bake for 15 to 20 minutes, until golden. Serve with jam.

For the Jam

1. In a large pot, combine half the berries and the honey. Bring to a boil, stirring frequently. Reduce heat and simmer for five minutes.
2. Remove berries from heat and mash lightly with a potato masher or fork.
- 3.

Add in remaining berries, cinnamon sticks and chia seeds. Bring to a boil and reduce heat.

Simmer for five to 10 minutes, until thickened.

4. Remove cinnamon sticks and discard. Keep jam in containers in the fridge for up to three months.

Credit

Photos by Esti Photography