

# Scones . . . it's what's for breakfast on shabbos mornin' (and seuda shlishit)



Like I said, I've got some free time. Therefore, I feel the pressure to step it up when it comes to shabbat cooking. I have to confess, when it comes to shabbat dinner planning, I usually go big for dinner but as a result, lunch gets a bit, well, sad and seuda shlishit (third meal) turns into leftover challah and hummus. But not this Shabbat. Oh no my friends, this Shabbat I showed up. I made SCONES. But not just any dinner AND scones. I made cherry scones with orange zest and organic whole wheat pastry flour and oats. I mean these were delicious. We were asked out to a seuda shlishit (third meal – it's required on shabbat to have three meals. You first is dinner, second is lunch and third is a little snack before post-shabbat dinner. This idea is linked to a section of Torah that states "And Moshe said: Eat it (the Manna) today, for today is Shabbat to Gd; today you will not find it in the field." The use of the word *today* three times in the sentence in reference to eating the manna is considered the background resource for the Rabbinic rule requiring three meals on



Shabbat), which we never get asked out to so I figured I should bring it and 'it' was scones. yum. Now, the thing about scones, for those who aren't as familiar, is that they are not super duper sweet. You will be sorely disappointed if you're expecting a sugary sweet breakfast treat. You will not, however, be disappointed if you're expecting a buttery, almost biscuit-like treat that tastes good either with jalapeno and white cheddar or with orange zest and cherries.

## **Orange and Oat Scones (as adapted from 101Cookbooks.com)**

### **WHAT?**

3 cups whole wheat pastry flour  
1/2 cup turbinado sugar  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 cup (2 sticks) cold butter, cut into small pieces  
2 cups rolled oats  
zest of 1 orange  
1 cup buttermilk  
1/4 cup coarse turbinado or Demerara sugar, for sprinkling  
2/3 cup dried cherries



## How?!

Preheat the oven to 350F degrees. Line a baking sheet with parchment paper.

Combine the flour, 1/2 cup of turbinado sugar, baking powder, and baking soda in the bowl of a food processor. Add the butter and pulse 15-20 times or until it looks like sandy pearls. (If you are working by hand, cut the butter into the flour mixture using a pastry cutter.) Transfer the dough to a bowl and stir in the oats and zest. Stir in the buttermilk and currants until just moistened.

Bring the dough together with your hands. If the dough is still too crumbly, stir in more buttermilk a tiny splash at a time, but try to avoid over mixing. After bringing the dough together, gently pat it into an 8-inch round. Cut into triangle shapes (see photo) and transfer to the prepared baking sheet with some room between each scone. Sprinkle the tops with coarse sugar. Bake for 12 to 15 minute or until the bottoms are deeply golden.

Makes 8 extra-large scones, or 12 to 16 larger ones.

