

Scrumptious Sourdough Scones

Seriously if you haven't started your GF sourdough do it today. All you need is a large mason jar or medium bowl, organic brown rice flour, and filtered water. Getting started takes five days and then you can reap the rewards over and over again.

It's been years since I made scones and then this recipe arrived in my inbox one wet grey morning and now I am a scone baker again. The version below produces a simple scone that pairs well with any jam or spread but don't hesitate to mix it up a bit.

Speaking of mixing, scones don't take kindly to over-mixing so incorporate your wet and dry ingredients here with a very light hand.

Adapted from the inspired Aran Goyoaga

Makes 6 scones

Ingredients

- 1/2 cup (110 g) vegan butter
- 1/2 cup (60 g) tapioca starch
- 1/3 cup (60 g) potato starch
- 1/3 cup (50 g) sorghum flour
- 1 tablespoon sugar
- 2 1/4 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon baking soda
- 1/2 cup (150 g) cold sourdough direct from the fridge
- 1/3 cup (80 g) rich plant-based milk, I like a combination of coconut and almond, but Oat is also good.
- Place the butter in the freezer for at least 30 minutes, overnight is even better.

Directions

1. Preheat oven to 450F.
2. Line a baking sheet with parchment paper.
3. In a large bowl, whisk together the dry ingredients tapioca starch, potato starch, sorghum flour, sugar, baking powder, salt, and baking soda.
4. Remove butter from the freezer and using a large box grater, grate the butter into the flour. This isn't the easiest task but the results make it worthwhile.
5. Toss the flour mixture and butter together gently with a fork.
6. In a small bowl, stir together the sourdough discard and milk.
7. Pour into the flour-butter mixture and again using a fork, toss together with a very light hand until you have a nice shaggy dough.
8. Transfer the dough to your work surface and using your hands, bring the dough together and knead it a couple of times until it sticks together nicely. You should be able to see pieces of butter throughout the dough.
9. Shape into a square that is 1-inch tall. If the dough is sticking too much to your work surface, dust with a bit of tapioca starch.
10. Cut into 6 or 8 pieces with a sharp knife or use a 2-inch cookie cutter.
11. Place scones gently on the prepared baking sheet
12. Bake for 15 to 18 minutes until they are golden brown throughout.

Serve while warm.