Blueberry-Lemon Cream Scones

(*Dishing the Tea, Jane Austen Style*)

2 cups (10 ounces) Unbleached all-purpose flour

1 tablespoon baking powder

3 tablespoons sugar

1/2 teaspoon salt

4 tablespoons cold unsalted butter, cut into cubes

3/4 cup heavy cream

1 egg, lightly beaten

Lemon zest of one lemon

Fresh blueberries

1. Adjust oven rack to middle position and heat the oven to 425 degrees.
2. Place the flour, baking powder, sugar, and salt in a large bowl. Whisk together.
3. Use two knives, a pastry blender, or your fingertips and quickly cut in the butter until the mixture resembles coarse meal with a few slightly larger butter lumps. Mix in lemon zest at the same time.
4. Stir in the heavy cream and egg with a rubber spatula or fork until the dough begins to form, about 30 seconds.
5. Transfer the dough and all dry flour bits to a countertop and knead the dough by hand just until it comes together into a rough, slightly sticky ball, 5 to 10 seconds.
6. Divide the dough in half. Sprinkle with blueberries and cover the bottom half of the dough with the top, forming a blueberry sandwich.
7. Cut the scones into 8 wedges. Place the wedges on an ungreased baking sheet.
8. Bake until the scone tops are light brown, 12 to 15 minutes. Cool on a wire rack for at least 10 minutes. Serve warm or at room temperature.

*For the glaze:*

Powdered sugar

Lemon juice

Cream, milk, or water, just a little

1. Mix together until it forms a pour-over style glaze.
2. Pour over scones while still warm. Glaze will set when they cool down.

*Options:*

1. Brush heavy cream and sprinkle with sugar before baking. This eliminates need for glaze.
2. For orange-cranberry scones, add orange zest at the butter stage and cranberries at the mixing stage.
3. For savory scones, reduce sugar to 2 tablespoons and add a pinch more salt. Add savory ingredients like bacon bits, chives, and cheddar cheese.
4. For eggless scone, increase butter to 5 tablespoons and heavy cream to 1 cup to eliminate the egg. The egg makes a more cakey scone.