

Gluten Free Currant Scones

Makes 10

Karen Robertson

1 cup sweet white sorghum flour
1 cup Old Fashioned Rolled Oats, finely ground
1/2 cup tapioca starch flour
1/2 cup cornstarch
1/4 teaspoon guar gum (or xanthan gum)
2 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon salt
12 tablespoons unsalted butter, cold
1 cup yogurt (I use cream at the top plain yogurt from Brown Cow)
1 teaspoon apple cider vinegar
2 teaspoons vanilla extract
1 cup currants

turbinado sugar to top

Sift all of the dry ingredients into a medium bowl (not all of the oats will pass through the sifter, they will add texture to the scones). Add butter by the tablespoonful to the flour mixture. Using a good quality, sharp, metal pastry blender— cut the butter into the flour mixture until butter is the size of peas. Once mixed in, I like to warm the butter a bit with a final mixing by hand.

Set a few tablespoons of yogurt aside and combine remaining yogurt with the vinegar and vanilla. Pour yogurt on top of the flour mixture and stir with a rubber spatula, add currants and stir until wet and dry ingredients are just combined—Molly Wizenberg's secret is no more than 12 stirs of the dough— (if it seems too dry add another tablespoon or two of the reserved yogurt). The dough should be soft enough to form with your hands and not too sticky.

Refrigerate dough for 2 hours . (one hour is enough but 2 hours is best)

Preheat oven to 425 degrees.

Line a baking sheet with parchment paper. Shape 10 individual scones with your hands.

Place an even layer of turbinado sugar on a plate and press the top of each scone into the sugar. Arrange all 10 scones on the prepared baking sheet and bake at once. (This allows each scone to cook completely and to brown properly.)

Bake for 20 minutes. Let cool for 5 minutes and serve immediately. Once cooled these scones freeze well. Scone recipe adapted from the Gluten Free Girl's blog, Buttermilk Currant Scones



COOKING GLUTEN-FREE!

by Karen Robertson

Copyright © 2002-2010 Karen Robertson. All rights reserved

New Gluten Free Granola Recipe

Makes 8 cups

Karen Robertson

2 cups unsweetened coconut
2 cups steel cut GF* rolled oats (*new GF from Bob's Red Mill)
2 cups finely chopped almonds
1 cup finely chopped walnuts
1 tablespoon ground cinnamon
2 tablespoons finely ground flax seed, optional
1/2 cup honey
1/2 cup canola oil
2 teaspoons vanilla extract

Preheat oven to 225°.

Lightly oil a jelly roll pan (12 1/2 x 17 1/2 -inch) with a bit of canola oil.

Combine coconut, oats, almonds, walnuts, and cinnamon in a large bowl.

In a small saucepan mix honey, oil and vanilla and heat until honey is as thin as the oil. While mixture is on the heat watch it every minute as it can bubble up and boil over.

Pour honey mixture over granola and stir until thoroughly moistened. Spread mixture in an even layer on prepared pan. Bake for 1 1/2 hours, stirring every 30 minutes.

Cooking Gluten-Free! now a digital book (cd-rom) for \$14.99 -- for use on any computer

For more information, new recipes, and registration for cooking classes go to:
www.cookingglutenfree.com/blog