

A close-up photograph of several golden-brown scones resting on a silver metal wire cooling rack. The scones have a textured surface with some darker spots, possibly from seeds or spices. The background is softly blurred, showing more scones and a wooden surface.

SPELT, BUTTERMILK & HONEY SCONES

an ancestral kitchen podcast episode
companion booklet

by Alison Kay

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These British scones are a perfect accompaniment to a cup of tea! I use freshly-ground spelt (grind it as finely as you can), but you can also use store-bought wholegrain spelt flour. I am sure that this recipe would also work with other gluten-containing grains.

The combination of vanilla, lemon, cinnamon and cardamom gives these scones an delicate fragrance. You don't need to use this combination though. You could make them plain or use other flavour combinations. See the bottom of the recipe for some ideas.

If you don't have buttermilk, you can use milk kefir.

450g wholegrain spelt flour
2 tbsp baking powder
1/4 tsp salt
100g cold butter
60g honey
284ml buttermilk (milk kefir would work fine too)
Plus flavourings (see below recipe for other options):
1/8 tsp vanilla seeds (about 1/2 a pod)
1 tsp ground cinnamon
1/2 tsp grated lemon zest (about 1/4 of a lemon)
Seeds of 3 small cardamom pods, ground
Optional: Extra buttermilk or egg white to wash the tops of the scones before baking, plus spices as a sprinkle



This makes 14 - 16 scones using a 6cm/2.5inch circular cutter

1. Preheat your oven to 200C/400F. Prepare a large baking tray/sheet by greasing or lining with parchment paper and flour your work surface.
2. Measure out the flour, salt, baking powder and any flavourings into a large mixing bowl and combine well.
3. Dice the butter, keeping it as cold as you can.
4. If you have a food processor, put the dry ingredients, mixed above, into its bowl, add the diced butter and pulse until the two are combined well and then tip the result back into your large, stand-alone mixing bowl. If you want to do this without a food processor, add the diced butter to the dry ingredients in your mixing bowl and work it in lightly, with your fingertips, until you have a fine breadcrumb consistency.
5. Warm the buttermilk for a short time (I use a thermometer), getting it to around 35-40C/95-104F).
6. Pour the liquid into the dry ingredients and stir minimally until they are just combined. You want to work the dough as little as possible to avoid encouraging the gluten. This way, the scones will be lighter and fluffier.

7. Tip the shaggy dough onto your floured work surface and bring together with your hands into a loose circle. Pat this down gently with your palms until it is around 3cm/1 1/4 inches high and 22cm/8 1/2 inches across.
8. Use your cutter (flour the rim/sides of it if necessary) to create as many scones as you can, placing them on your baking tray/sheet as you do.
9. Combine the remaining dough into a ball and again press it out gently with your palms before cutting more scones.
10. Repeat this until all the dough has been used.
11. If you wish, brush buttermilk (or egg white) onto the top of the scones. This can help create a shine. You can also dust the tops with cinnamon or another ground spice.
12. Bake the scones for 10-12 minutes. When done, remove to a rack and allow to cool a little before tucking in!

See photos on last page.

These scones keep well for several days and can be frozen to enjoy at another time.

English scones are traditionally served with clotted cream and jam. Whether the clotted cream or jam goes on first is a matter of much debate in the West Country (the area that covers Cornwall, Devon and the other westerly counties of the UK). At home, we love to split them and then spread them with butter.

Other flavouring options

Plain scones: If you want to add a flavourful jam at the serving stage, these scones are great with no additional baked-in flavourings.

Vanilla scones: Use 2 tsp vanilla extract, 1/4 tsp vanilla seeds or 1 vanilla pod.

Lemon scones: Use the grated peel of 1 unwaxed lemon plus 4g/scant tsp) of lemon juice.

A member of our supporter community (who have taste-tested these!) suggested a lavender and lemon combination. I have not tried this, but want to.

These scones starred in our episode all about tea and tradition, Meagan Francis Spills the Tea: History, Sourcing, and Brewing a Good Cup, where Andrea interviewed author and podcaster Meagan Francis in a guest spot on the Ancestral Kitchen Podcast. Look for episode # 109 to learn more about the history of tea, sourcing, brewing, and many of the traditions surrounding the familiar cup of tea.

If you love Ancestral Kitchen Podcast, consider leaving us a 5-star review on Apple podcasts, [donating to the work that we do](#), or, if you'd like a ready-made community of like-minds, [join our supporter network](#). Everything podcast related (including our cookbooks and courses!) can be found at www.ancestralkitchenpodcast.com.

Meagan Francis can be found at meaganfrancis.substack.com, and bevytea.substack.com, and on her podcast, [The Kettle with Meagan Francis](#). Meagan's book, [The Last Parenting Book You'll Ever Read](#), is available wherever books are sold.

OAT, BUTTER & HONEY SCONES - A GLUTEN- FREE VARIATION

by Kati, podcast listener and
supporter in Germany

For 16 scones:

- 180 g rice flour (white)
- 150 g Tapioca starch
- 100 g oatflour or fine oatmeal
- 16 g psyllium husk
- 15 g baking powder (about 6 teaspoons)
- 1/4 teaspoon salt

Mix all of these together. Rub in:

- 100 g cold butter until mixture resembles breadcrumbs.

Gently heat:

- 60 g honey with
- 300 g kefir and
- 2 teaspoons vanilla extract OR
- grated peel of 1 unwaxed lemon and 1 tsp lemon juice



Mix with the dry ingredients. The dough will be soft. Let it rest for 10 minutes for the rice flour to soak up some of the liquid. Dough should be soft, but hold together well.

Drop tablespoonfulls of the dough onto a lined baking sheet. If desired shape lightly into round smooth scones with slightly moistened hands.

Bake in preheated oven at 200 C for about 15 minutes until they start to turn golden on top.

Best eaten fresh and warm. As with all glutenfree baking products it is best to freeze any scones you don't eat. Defrost or reheat gently.

See photos on next page.

LINKS FROM THE SHOW

Find the episode at www.ancestralkitchenpodcast.com

Meagan's Website: meaganfrancis.substack.com

Meagan's Shop and Tea Tips: bevytea.substack.com

Meagan's Podcast, The Kettle with Meagan Francis: <https://podcasts.apple.com/us/podcast/the-kettle-with-meagan-francis/id1559039508>

Meagan's new book, The Last Parenting Book You'll Ever Read
<https://bookshop.org/a/86014/9781464225161>

Link to Alison's course 10 Tips for Creating & Maintaining a Sourdough Starter:
<https://www.fermentationschool.com/courses/10-tips-for-creating-maintaining-a-sourdough-starter> - Use code STARTER100 to get the course for FREE!

Too Many Eggs by Mimi Dvorak-Smith: <https://bookshop.org/a/86014/9798986282923>

Free PDF of the book: <https://www.toomanyeggs.com/>

Infused: Adventures in Tea, by Henrietta Lovell <https://bookshop.org/a/86014/9780571324392>

The Tea Cyclopedia: All You Ever Wanted to Know about the World's Favorite Drink, by Keith Souter <https://bookshop.org/a/86014/9781510770126>

Where Meagan got her Camellia sinensis tree: www.wilsonbrosgarden.com

Notes from the Aftershow:

A Nice Cup of Tea (essay) by George Orwell: <https://www.orwellfoundation.com/the-orwell-foundation/orwell/essays-and-other-works/a-nice-cup-of-tea/>



Top left: Oat, Butter & Honey Scone Variation

Top Right: Listener and supporter Stefanie made the scones as a recipe tester using pre-ground spelt, and shared her photo

Center left and right (on pink and blue backgrounds, respectively): Podcast listener and supporter Kati shared photos of the Oat, Butter & Honey scones she designed, inspired by Alison's recipe. Photo at right shows center cut.

Left: Alison's Spelt, Buttermilk & Honey Scones