

Lemon and Cardamom Scones with Pear Compote

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[Prep: 15mins / cook time: 25mins / TOTAL: 40mins]

[Serving size: 8 scones]

Scones:

- 1 $\frac{2}{3}$ cups all-purpose flour
- $\frac{1}{3}$ cup cornmeal
- 3 tablespoons sugar
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon crushed cardamom seeds or 1 teaspoon ground
- zest from 1 lemon
- $\frac{3}{4}$ cup heavy cream
- 1 large egg
- 6 tablespoons softened unsalted butter, cubed

Compote:

- 3 tablespoons honey
- 3 bartlett pears, peeled, seeded and cut into $\frac{1}{4}$ inch cubes
- 1 bay leaf
- 3 whole cloves
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon ginger
- 1 teaspoon sugar

Wash, peel, seed and chop your pears. Add them to a medium skillet over med-high heat and incorporate 1/4 cup water and 1 teaspoon sugar. Add cinnamon and ginger, mix well and cook pears for five minutes to soften them. Transfer to a small mixing bowl. Pour honey and place bay leaf in the same skillet and set heat to medium. Simmer until honey is bubbling and starting to brown, about 2 minutes. Add pear mixture to the honey and let sit for 5 minutes. Let cook for a few minutes more and stir often. Transfer compote to a small jar or bowl.

Heat oven to 400 degrees. Lightly flour the baking sheet or line with parchment paper.

In a small mixing bowl mix together the cream and egg.

In a large mixing bowl mix together flour, cornmeal, sugar, baking powder salt, lemon zest and cardamom. Incorporate the cubed butter into flour mixture - pinch the pieces while mixing with your hands. The mixture will begin to look like coarse crumbs. Pour in 2/3rd's of the cream and egg mixture and keep mixing with your hands to make a smooth dough. It will be a little sticky, but should not become wet. Save the left over cream and egg mix for brushing.

Gently form the dough into a ball and place on the floured or parchment lined baking sheet. Press down to make a 1 inch thick round about 9 inches across. Cut the dough into 8 even wedges and separate them a good distance apart – they will brown better this way. Press down with your thumb in the center of each wedge to create 1/2 inch deep indent. With a pastry brush, lightly spread the cream and egg mix over each section, then generously spoon the pear compote into each divot.

Transfer the baking sheet to oven and bake the scones until golden, about 15 minutes. Let cool for 5 minutes. Serve the lemon cardamom scones as is or with the remaining pear compote or butter. Enjoy! Perhaps with a cup of tea!