

叉燒司康餅 – BBQ Pork, Green Onion and Cheese Scones

材料 Ingredients

全麥麵粉	2 ¾ 杯	Whole-wheat flour	2 ¾ cup
泡打粉	1 湯匙 + 1 茶匙	Baking Powder	1 tbsp + 1 tsp
糖	1 湯匙	Sugar	1 tbsp
鹽	½ 茶匙	Salt	½ tsp
凍無鹽牛油, 切作半吋正方體	5 湯匙 (70 克)	Cold unsalted butter, cut into ½ in cubes	5 tbsp (70g)
車打芝士碎	½ 杯	Cheddar cheese, shredded	½ cup
極上燒臘系列 – 叉燒, 切小塊	¼ 杯	Premium BBQ Product – BBQ pork, chopped	¼ cup
蔥, 切碎	¼ 杯	Green onion, finely chopped	¼ cup
原味乳酪	1 杯	Plain Yogurt	1 cup
大的雞蛋	1 隻	Large egg	1 pc

步驟 Directions

1. 將焗爐預熱至華氏 400°，在大的烤盤中噴上烤盤油。
2. 在大碗內將全麥麵粉、泡打粉、糖與鹽混合均勻。
3. 用牛油切刀或用指尖將牛油搓入乾的材料之中。
4. 加入車打芝士、叉燒肉與蔥攪拌均勻。
5. 在中碗內將原味乳酪與蛋打發均勻後，再加入乾的材料攪拌均勻。
6. 在乾淨的桌面灑上大約一湯匙的麵粉準備。將麵糰倒在桌面上，麵糰上在灑上一湯匙的麵粉。將麵糰揉和三到五次左右或直到麵糰揉合成一體。
7. 將麵糰切成小塊後放在烤盤上。
8. 將司康餅烤至頂部摸起來呈堅實的觸感，大約需要 18 至 24 分鐘。

1. Preheat oven to 400°F. Coat a large baking sheet with cooking spray.
2. Whisk whole-wheat flour, baking powder, sugar and salt in a large bowl.
3. Using a pastry blender or your fingertips, cut or rub butter into the dry ingredients.
4. Stir in cheese, BBQ pork and green onion
5. Whisk yogurt and egg in a medium bowl; stir into the dry ingredients until just combined.
6. Sprinkle a work surface with 1 tablespoon flour. Turn the dough out and sprinkle the top with the remaining 1 tablespoon flour. Knead three to five times, or until the dough just comes together.
7. Cut dough small wedges and transfer to the prepared baking sheet.
8. Bake the scones until firm to the touch, 18 to 24 minutes.