



Pilot Light Family Meal Lesson Scones

Suggested Age Range: 8 years and up (with adult supervision)

Recipe:

Many recipes in the world came out of necessity and by pulling together whatever ingredients were on hand in order to quickly and simply feed a family. These American Irish scones are a great example of that. You can make this recipe uniquely your own by adding in ingredients that you happen to have at home like herbs, cheese, or dried fruit.



Scones - makes 12 scones

from Carol Aslam of Naperville, IL

(originally published in The Chicago Tribune)

- 2 cups all-purpose flour + $\frac{1}{4}$ cup extra for forming
- $\frac{1}{3}$ cup sugar
- 2 $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. baking soda
- 2 eggs
- 6 T butter, melted
- $\frac{1}{2}$ cup buttermilk
 - *Make your own:* mix $\frac{1}{2}$ cup milk + 1.5 tsp. ($\frac{1}{2}$ T) vinegar or lemon juice - let stand for 10 minutes
- 1 tsp. caraway seeds (optional)
 - *Spice it up:* go savory (add dried herbs or cheese) or go sweet (add baking spices, nuts, and/or chocolate)
- $\frac{1}{2}$ cup raisins, currants, or other dried fruit (optional)

Materials:

- Counter space
- 2 mixing bowls - 1 large + 1 small
- Measuring cups and spoons
- Butter knife and fork
- Sheet pan (either greased or lined with parchment)

Directions:

1. Preheat the oven to 400F and either grease a baking sheet or line it with parchment.
2. Mix flour, sugar, baking powder, baking soda, salt, and caraway seeds (if using) in a

large bowl.

3. In a small bowl, beat eggs with a fork, and mix in buttermilk and melted butter.
4. Add liquid ingredients to the larger bowl with the dry ingredients and mix until just combined. Mix in dried fruit (or other add-ins if using) gently. If the dough is a bit wet to handle, dust your hands with additional flour to prevent sticking!
5. Flour a counter or table and divide dough into two rounds (and grab a helper!). Pat each piece into a 1-inch circle, and cut into sixths with a floured butter knife.
6. Transfer each scone wedge on a greased or lined baking sheet.
7. Bake for 15 minutes (or until golden) and cool on the counter or table. Serve warm with butter, jam, and/or a cup of tea!

Activity/Discussion Questions:

Families/children could discuss or write about:

- What is a scone? What countries around the world make scones and how do they differ in flavor, size and shape, ingredients, and preparation method?
- Scones were a food item served aboard the *Titanic* because they required few ingredients and could be mass produced.
 - Can you think of other sorts of foods that can be produced in large quantities?
 - Why are they suitable for mass production?
- Research and read about life and food for passengers served on the *Titanic* “Food on The Titanic” by titanicfacts.com <https://titanicfacts.net/food-on-the-titanic/>
 - What sorts of foods could you make with some of the ingredients listed?
 - Is there any food item that you’ve never heard of? If so, research what it is and where it is from in the world.

Extension Activities:

Here are some suggestions for additional activities that relate to this recipe:

- Practice scaling recipes: using your math skills, adjust the recipe with correct proportions for different sizes or groups: your family, class, sports team or club, your neighborhood, etc.
- Work with your family to create your own version of the scone recipe above using ingredients that speak to your family’s identity and flavor preferences. Interview individual family members as you develop your recipe and write a story with the recipe that includes details about each family member. Be sure to take a picture of the final product and share the scones with them (or at least a photo)!

This lesson was written by Pilot Light staff member, Caitlin Arens, and was inspired by years of making these scones with her family and by Pilot Light’s lesson [Titanic Proportions and Scaling](#)