Cottage Cheese and Pumpkin Seed Scones

8 savory wedge scones;2 scones per stated serving | Active 25 min | Cook 25 min | Total 65 min

Ingredients

- 8 3/4 oz all-purpose flour (250 g)
- 1 3/4 oz whole-wheat flour (50 g)
- 2 1/2 teaspoons baking powder (10 g)
- 1/4 teaspoon fine salt (1.5 g)
- 3 1/2 tablespoons cold unsalted butter, diced (50 g)
- 7 oz plain low-fat cottage cheese,2%milk fat (200 g), not drained
- 2 tablespoons 2%milk (30 ml; use 30 g for the estimate), divided
- 1 1/2 oz plain dried pumpkin seed kernels (40 g)
- A small handful fresh chives, finely snipped (8 g)

Set out

Kitchen scale, large mixing bowl and fork, Baking parchment, rimmed tray and sharp knife, Pastry brush and cooling rack

Allergens

Wheat, Milk, Tree nuts (walnut variation), Check seed and dairy packages for additional allergens or cross-contact.. Check labels and substitutions.

Make it

1. Heat oven to 400°F/200°C and line the tray with parchment. Mix both flours, baking powder and salt. Rub in the cold butter with fingertips or a pastry blender until most pieces are pea-sized or smaller, keeping the mixture cool.

2. Add all cottage cheese,4 teaspoons/20 ml of the milk, all pumpkin seeds and chives. Fold with a fork and then press lightly until no loose dry flour remains. Do not knead for a long time or add extra bench flour. A slightly tacky dough is expected.

3. Turn onto parchment, cover with another sheet and press into a round about 7 inches/18 cm across and 1 inch/2.5 cm thick. Remove the upper paper, cut into 8 equal wedges and move the wedges apart on the lined tray, leaving about 1 inch/2.5 cm between them. Brush the tops with the remaining 2 teaspoons/10 ml milk.

4. Bake for 20–25 minutes until risen and golden, the sides feel set and a split central wedge has a cooked tender crumb without raw flour streaks. Cool on the tray for 5 minutes, then on a rack for 10 minutes. Serve two scones per stated portion, counting the split test wedge as part of its portion.

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Estimated nutrition per serving

Calories: 460 kcal | Protein: 16.8 g | Carbohydrate: 61.2 g | Fat: 17.3 g | Fiber: 3.7 g. One of 4 servings. Batch yield: 8 savory wedge scones;2 scones per stated serving. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Keep the serving visible

Wrapping the cooled scones in pairs gives four ready portions. A pair can be useful when a larger meal is later in the day, without needing to describe it as a required training snack or add an unmeasured spread to make the recipe work.

A useful detail

Cottage cheese is weighed undrained. All 40 g seeds are mixed into the dough; no extra seed topping is implied. Milk 30 ml is split 20 ml dough and 10 ml brushing. The estimate is one quarter of the whole batch, usually two of eight wedges.

Another way

Replace 40 g pumpkin seed kernels with 40 g chopped walnuts; this introduces tree nuts and changes the estimate.

Replace 8 g chives with 8 g finely chopped fresh dill.

Keep it well

Cool promptly and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Keep covered at 40°F/4°C or below for up to 2 days, within any shorter cottage-cheese opening instruction. Freeze pairs promptly for up to 2 months, thaw in the refrigerator and reheat the portion needed to 165°F/74°C. Carry chilled pairs with two cold sources rather than leaving the dairy scones warm for a long trip.