



# PASSIONFRUIT CURD WITH MINI BUTTERMILK SCONES

<b>Season:</b>	Autumn
<b>From the garden:</b>	<i>Passionfruit</i>
<b>Type:</b>	<i>snack</i>
<b>Difficulty:</b>	<i>easy</i>
<b>Serves:</b>	<i>24 mini scones (48 halves or tastes)</i>
<b>Source:</b>	<a href="http://www.bite.co.nz">www.bite.co.nz</a>

## Equipment

- Baking tray
- Cutting knife
- Tablespoon
- Chopping board
- Fork
- Cup
- Sifter
- Butter knives
- Rolling pin
- Heavy-based saucepan
- Measuring cups
- Mixing bowls, small and large
- Shape cutters
- Pastry brush
- wooden spoon for stirring
- whisk
- teaspoon

## Ingredients

### Scones:

- \* 1 lemon
- \* 1 ½ cups of milk in a bowl plus extra for brushing
- \* 60 g butter
- \* 3 c plain flour plus extra for sprinkling onto board
- \* 6 tsp baking powder
- \* ½ tsp salt

### Passionfruit Curd:

- \* 70g butter
- \* ½ c caster sugar
- \* 2 eggs
- \* 7 passionfruits

## Method for the scones

1. Preheat oven to 220C and spray a baking tray with non-stick spray.
2. Make the 'buttermilk': cut a lemon in half and remove the pips with a fork. Squeeze the juice out by hand into a cup. Remove any extra pips that may have fallen in. Add 2 tablespoons of the lemon juice to the milk and let it stand for 5-10 minutes to curdle (the acid in the lemon will

mix with the fats in the milk, helping to 'break them down'. More information about this is in the notes below).

3. If the butter is hard, cut it into small pieces and set aside.
4. Sift the flour, baking powder and salt into a large mixing bowl and rub in the butter until the mixture resembles breadcrumbs. This is a messy but fun job! Roll your sleeves up!
5. Gently mix the buttermilk in with a knife to make a soft dough. Avoid over-mixing as this can make the scones 'tough'.
6. Sprinkle some flour onto a clean bench and tip the dough onto it (flouring the bench helps stop the dough from sticking to it).
7. Gently roll the dough out with a rolling pin until it is approximately 2 cm thick. Cut the dough into small and evenly-sized pieces with either a butter knife or shape cutters. Repeat the process with any left over pieces of dough being careful not to over-handle the dough.
8. Place the cut pieces onto the baking tray (about 2 cm apart so they have room to 'rise').
9. Using a pastry brush, brush the tops with a little milk and bake until golden brown (approximately 6-10 minutes depending on the size of the scone pieces).
10. Once cool, cut scones into halves.

### **Method for the Passionfruit Curd**

1. Cut the passion fruits in half and scoop out the pulp into a small bowl. Set aside.
2. Put the sugar and butter together in a saucepan over medium heat.
3. Stir until the butter has melted and the sugar has dissolved. Reduce the heat.
4. Meanwhile, crack the eggs into a small mixing bowl and whisk them thoroughly.
5. Add the eggs and the passionfruit pulp to the saucepan and stir continuously until thick.
6. Leave to cool.
7. Spoon some of the curd onto cooled, cut scones and serve.

**Notes:** Traditional buttermilk is the liquid that is 'left behind' when fresh cream has been whipped into butter. You might have done this yourself by shaking a jar with cream in it (with a marble in there to help mix it all around). After lots of shaking, a lump of butter starts to form. The liquid byproduct of this transformation is buttermilk! It is slightly acidic (sharp or sour tasting). The acidity helps keep baked foods moist and soft by breaking down tough strands of gluten. It also adds a pleasing, subtle 'tang' to cakes and pastries. It even prevents cherries and walnuts from turning blue in muffins!

**Skills:** rubbing ingredients together with fingertips, taking care to mix until just 'right' and not 'over doing it', rolling out dough, understanding the science behind the the mixing of acids and fats



