

# XCentric Ideas

A stack of two golden-brown scones sits on a white ceramic plate with a delicate floral pattern of pink flowers and green leaves. The top scone is whole, while the bottom one is broken, with its soft, crumbly interior exposed. Several crumbs have fallen onto the plate. The plate is placed on a matching saucer, and the entire scene is set against a background of draped, textured fabric in shades of pink and purple.

A scone by any  
other name ...

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# Self-raising Scones

4 cups self-raising flour  
250 ml fresh cream  
250 ml lemonade (sprite / sparkling water / fizzy drink)

Preheat the oven to 190°C.

Combine all the ingredients in a bowl until just combined. The mixture will be quite sticky.  
Place the dough onto a floured surface.

Dust your hands and the top of the dough with flour and gently shape the dough into a disk and with a floured cutter, cut out the scones, and place them on a lined baking sheet.

Gently reshape the remaining dough and cut out more scones. Alternatively shape the dough into a square and divide into 12 using a floured knife, separate gently and place onto a lined baking sheet.  
Bake for 15-20 minutes until a skewer inserted comes out clean.

*Serves 12*



# Basic Coconut Flour Scones

¼ cup olive oil  
50 g coconut flour, sifted  
3 large eggs  
¼ teaspoon salt  
¼ teaspoon baking powder

In mixing bowl, add the sifted coconut flour, baking powder and salt. Beat the eggs and olive oil together. Mix oil mixture with the flour mixture. With a spoon mix it well. Let rest in bowl for 15 minutes.

Preheat oven to 200 oC. Drop batter by the spoonful onto a greased cookie sheet to resemble scones. As high as you want your scones to be. Bake for 15 minutes, or till test skewer comes out clean. *Put 2 cookie sheets on top of another, then baking paper – that prevents scones to blacken on the bottom.*

This recipe makes about 4 scones, but can easily be doubled up.

*Serve with butter, jam and cream (or Greek Yoghurt). Or cheese.*



# Avocado Feta Parsley Self-Raising Scones

3 cups self-raising flour  
Pinch salt  
125 ml cream  
125 ml soda water  
1/2 cup guacamole  
1/2 cup feta, crumbled  
½ cup fresh parsley, chopped  
Black pepper

Preheat oven to 220 oC. Mix lightly with a knife the flour, salt, cream, soda water, guacamole, feta, pepper and parsley together.

Spoon mixture into a 6 giant muffin pan (or into cupcake wrappers.) Bake for about 17 minutes, or until a test skewer comes out clean.

Serve with butter.

*Makes 6 scones. Serve with butter.*



# Pear Blue Cheese Coconut Flour Scones



¼ cup sunflower oil  
50 g coconut flour, sifted  
4 large eggs, beaten  
¼ teaspoon salt  
coarse black pepper  
¼ teaspoon baking powder  
230 g tinned pears, chopped fine (that's after being drained from 410g tin)  
100g blue cheese, crumbled  
Finely grated cheddar cheese (for topping after baking)

In food processor (or by hand in mixing bowl), add the sifted coconut flour, baking powder, salt and pepper. Beat the eggs and oil together. Lightly mix the egg mixture with flour mixture. Add in the pears and blue cheese. Let mixture rest for 15 minutes.

Preheat oven to 200 oC. Drop batter into foil cupcake holders. Bake for about 20 minutes or till test skewer comes out clean. Immediately out of oven, sprinkle cheese on top.

*This recipe makes 6 - 12 scones (depending on your sizes). Perfect for a snack with wine, a starter or a side dish.*

# Roasted Onion Cream Cheese Coconut Flour Scones

¼ cup olive oil  
50 g coconut flour, sifted  
2 large eggs, beaten  
¼ teaspoon salt  
¼ teaspoon baking powder  
230 g roasted onion cream cheese in a tub  
80 g fresh onions, chopped finely (about 1 medium onion)  
Black pepper

In bowl, add the sifted coconut flour, baking powder, black pepper, salt and chopped onion. Beat the eggs, oil and Roasted Onion Cream Cheese together. Add to coconut flour mixture. Blend till smooth. Let rest for 15 minutes.

Preheat oven to 200 oC. With your hands, make scones the size you want ... press the mixture gently together into 'scones' and place onto a greased cookie sheet / onto bake paper on baking sheet (or spoon into foil cupcake holders). Bake for about 20 minutes or till test pin comes out clean.

*This recipe makes 6 scones, depending on your sizes. Serve with butter.*



# Salmon Cream Cheese Coconut Flour Scones (Version 1)

¼ cup sunflower oil  
50 g coconut flour, sifted  
4 large eggs, beaten  
¼ teaspoon salt  
coarse black pepper  
¼ teaspoon baking powder  
230g container salmon cream cheese in tub  
About ¼ cup fresh parsley to taste, chopped finely



In bowl, add the sifted coconut flour, baking powder, pepper, salt and parsley. Mix.

Beat the eggs, sunflower oil and Salmon Cream Cheese together. Add to coconut flour mixture. Blend till smooth. Let rest for 15 minutes.

Preheat oven to 200 oC. With your hands, make scones the size you want ... press the mixture gently together into 'scones' and place onto a greased cookie sheet / onto bake paper on baking sheet (or spoon into foil cupcake holders). Bake for about 20 minutes or till test skewer comes out clean.

*This recipe makes 6 scones, depending on your sizes.*

# Salmon Cream Cheese Coconut Flour Scones (Version 2)

¼ cup olive oil  
50 g coconut flour, sifted  
3 large eggs, beaten  
¼ teaspoon salt  
coarse black pepper  
¼ teaspoon baking powder  
230g container salmon cream cheese in tub  
About ¼ cup fresh parsley to taste, chopped finely

In bowl, add the sifted coconut flour, baking powder, pepper, salt and parsley. Mix.

Beat the eggs, olive oil and Salmon cream cheese together. Add to coconut flour mixture. Blend till smooth. Let rest for 15 minutes.

Preheat oven to 200 oC. With your hands, make scones the size you want ... press the mixture gently together into 'scones' and place onto a greased cookie sheet / onto bake paper on baking sheet (or spoon into foil cupcake holders). Bake for about 20 minutes or till test skewer comes out clean.

*This recipe makes 6 scones, depending on your sizes. Serve with butter.*



# Smoked Ham Cream Cheese Coconut Flour Scones

¼ cup olive oil  
50 g coconut flour, sifted  
2 large eggs, beaten  
¼ teaspoon salt  
coarse black pepper  
¼ teaspoon baking powder  
230g container smoked ham cream cheese in tub  
About ¼ cup fresh parsley to taste, chopped finely

In bowl, add the sifted coconut flour, baking powder, pepper, salt and parsley. Mix. Beat the eggs, olive oil and Smoked Ham Cream Cheese together. Add to coconut flour mixture. Blend till smooth. Let rest for 15 minutes.

Preheat oven to 200 oC. With your hands, make scones the size you want ... press the mixture gently together into 'scones' and place onto a greased cookie sheet / onto bake paper on baking sheet (or spoon into foil cupcake holders). Bake for about 20 minutes or till test skewer comes out clean.

*This recipe makes 6 scones, depending on your sizes. Serve with butter.*



# Sundried Tomato Feta Coconut Flour Scones

¼ cup olive oil  
50 g coconut flour, sifted  
4 large eggs, beaten  
¼ teaspoon salt  
¼ teaspoon baking powder  
110g sundried tomatoes, drained, chopped (weigh after you drained it)  
1/3 cup milk  
¼ cup fresh basil, finely chopped  
1 wheel Feta, chopped fine  
Black pepper to taste

In bowl, add the sifted coconut flour, baking powder, pepper, salt, feta, basil and sundried tomatoes. Beat the eggs, olive oil and milk together. Add to coconut flour mixture. Blend till smooth. Let rest for 15 minutes.

Preheat oven to 200 oC. With your hands, make scones the size you want ... press the mixture gently together into 'scones' and place onto a greased cookie sheet / onto bake paper on baking sheet (or spoon into foil cupcake holders). Bake for about 20 minutes or till test skewer comes out clean.

*This recipe makes 12 scones, depending on your sizes. Serve with butter.*



# Chocolate, Cherry and Peanut Coconut Flour Scones

1/4 cup olive oil  
50 g coconut flour, sifted  
3 large eggs, beaten  
¼ teaspoon salt  
¼ teaspoon baking powder  
75 g glace green (or red) cherries, keep whole (or cut smaller)  
50 g salted peanuts  
40 g chocolate, chopped finely (I used half a 80g slab chocolate)

In bowl, add the sifted coconut flour, baking powder, salt, cherries, salted peanuts and fine chocolate. Beat the eggs and oil together. Add to coconut flour mixture. Blend till smooth. Let rest for 15 minutes.

Preheat oven to 200 oC. With your hands, make scones the size you want ... press the mixture gently together into 'scones' and place onto a greased cookie sheet / onto bake paper on baking sheet (or spoon into foil cupcake holders). Bake for about 20 minutes or till test skewer comes out clean.

*This recipe makes 6 scones, depending on your sizes.*



# Peanut Butter and Jelly Tot Coconut Flour Scones

¼ cup olive oil  
50 g coconut flour, sifted  
4 large eggs, beaten  
¼ teaspoon salt  
¼ teaspoon baking powder  
100 g crunchy peanut butter  
2 tbsp honey  
100 g jelly tots  
¼ cup milk

In bowl, add the sifted coconut flour, baking powder, salt and jelly tots. Mix. Heat the peanut butter and honey together. Beat the eggs and olive oil together. Add the egg mixture and the peanut butter mixture to coconut flour mixture. Blend till smooth. Let rest for 15 minutes.

Preheat oven to 200 oC. Spoon into paper cupcake holders. Bake for about 15 minutes or till test skewer comes out clean.

*This recipe makes 6 scones, depending on your sizes.*



# Baklava Self-Raising Scones

2 cups self-raising flour  
Pinch salt  
1/2 cup fresh cream  
1/2 cup lemonade  
60 g butter, melted  
60 ml honey  
80 ml castor sugar

## Filling:

100g pecan nuts, chopped  
7ml cinnamon powder  
Extra Honey for after baking

80ml light brown sugar  
50g melted butter



Preheat oven to 220 oC - Combine all filling ingredients and mix well. Keep aside.

Place self-raising flour and castor sugar in a bowl. Combine the cream, lemonade, melted butter and honey in a separate bowl and mix well. Add to the dry ingredients and mix taking care not to over mix.

Fill greased muffin pans 1/3 of the way up with the batter. Sprinkle with a little of the filling mixture, cover with the remaining batter and top with remaining filling mixture. Bake for about 20 minutes until golden brown. Remove from oven and drizzle honey over each muffin.