

COOKING GREEN

“Look Ma, No Eggs — No Dairy”

by Kay Bushnell

Most commercial scones contain animal products such as eggs, milk, cream, buttermilk, sour cream, and butter. These scones are proof that delectable, earth-friendly baked goods completely free of eggs and dairy products are easy to make. The tang of buttermilk is easily achieved by adding a little lemon juice or apple cider vinegar to soy milk, rice beverage, or other plant milk. Eggs are not needed to make delicious scones.

If you purchase an organic orange save a little orange zest to make Cranberry-Orange Scones. You'll also need fresh or frozen cranberries. Scones have evolved from the traditional Scottish bread that originally was made with oats and baked on a griddle. Today in this country they are usually made with wheat flour, sometimes also with oats or oat flour, and combined with various fruits and flavorings. Form scones into a variety of shapes — rounds, squares, diamonds, and triangles — and enjoy them for breakfast, brunch, or as a snack. Fresh, homemade baked goods are always special.