



## Perfectly Peach Scones + Easy-Peasy Peach Compote + Quick Clotted Cream + Peachy Iced Tea

By Erin Fletter

**Prep Time** 32 / **Cook Time** 7 / **Serves** 4 - 6

### Shopping List

☐ FRESH

☐ 1 lemon (used in all recipes)

☐ 3 1/2 fresh ripe peaches (used canned or thawed frozen peaches in a pinch)

☐ DAIRY

☐ 1/2 stick or 4 T butter **\*\* (see allergy subs below) \*\***

☐ 3/4 C milk **\*\* (see allergy subs below) \*\***

☐ 2 T whipping cream **\*\* (see allergy subs below) \*\***

☐ PANTRY

☐ 2 C all-purpose flour + more as needed **\*\* (see allergy subs below) \*\***

☐ 4 tsp baking powder

☐ 1 tsp salt

☐ 1/2 C granulated sugar

☐ vegetable oil **\*\* to grease pan**

☐ 2 decaf green or black tea bags

☐ HAVE ON HAND

☐ 3/4 C hot water

☐ 3 1/2 C cold water

☐ ice

## Fun-Da-Mentals Kitchen Skills

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**seal:** to close tightly, keeping filling inside.

**shake:** to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**chop:** to cut something into small, rough pieces using a blade.

**cream:** to mix foods together until they become a smooth, uniform blend, like butter and sugar.

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**dice:** to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

**macerate:** to soften foods, like fruit, and bring out their juices by allowing them to soak in a liquid.

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

**toss:** to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**steep:** to soak a food, like tea, in water or other liquid so as to bring out its flavor.

## Equipment

☐ Plastic jar + tight fitting lid

☐ Liquid measuring cup

☐ Measuring spoons

☐ Rubber spatula

☐ Skillet

- ☐ Large mixing bowl
- ☐ Whisk or electric hand mixer
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus squeezer (optional)
- ☐ Dry measuring cups
- ☐ Wooden spoon
- ☐ Heat-resistant spatula or turner
- ☐ Medium mixing bowl
- ☐ Blender (or pitcher + immersion blender)
- ☐ Pitcher

## Ingredients

### Quick Clotted Cream

- ☐ 2 T whipping cream **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free whipping cream OR coconut cream at top of can of coconut milk)\*\***
- ☐ 1 pinch salt
- ☐ 1 pinch lemon zest
- ☐ 1 tsp lemon juice
- ☐ 1 T granulated sugar

### Perfectly Peach Scones

- ☐ 1/2 stick or 4 T butter, softened **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free butter)\*\***
- ☐ 2 T granulated sugar
- ☐ 1 fresh peach (2 T chopped for scones; 2 T to add to clotted cream if making)
- ☐ 3/4 C milk **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- ☐ 2 tsp lemon juice
- ☐ 2 C all-purpose flour + more as needed **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***
- ☐ 4 tsp baking powder

☐ 3/4 tsp salt

☐ vegetable oil \*\* to grease pan

## Easy-Peasy Peach Compote

☐ 2 fresh peaches

☐ 1 T granulated sugar

☐ 1 tsp lemon juice

## Peachy Iced Tea

☐ 3/4 C hot water

☐ 2 decaf green or black tea bags

☐ 3 1/2 C cold water

☐ 2 to 3 tsp lemon juice

☐ 2 T granulated sugar

☐ 1/2 ripe peach

☐ ice

## Food Allergen Substitutions

### Quick Clotted Cream

**Dairy:** Substitute dairy-free/nut-free whipping cream OR coconut cream at top of can of coconut milk.

### Perfectly Peach Scones

**Dairy:** Substitute dairy-free/nut-free butter. Substitute dairy-free/nut-free milk.

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour.

### Easy-Peasy Peach Compote

### Peachy Iced Tea

## Instructions

### Quick Clotted Cream

### fill + seal + shake

Fill a plastic jar with **2 tablespoons of whipping cream** (it should be 1/4 full). Add **1 pinch of lemon zest** and **1 pinch of salt**. Tightly seal with the lid and have your kids shake, shake, shake until the cream almost becomes butter. It may take up to 5 minutes to make the clotted cream. Just when you feel like the cream will no longer move in the container, right before butter is made, you've made clotted cream! If you over shake it, it will become butter, and that is yummy, too!

### stir + enjoy

Stir in **1 tablespoon sugar** and **1 teaspoon lemon juice** and enjoy with scones, like our **Lemon Berry Scones** or **Perfectly Peach Scones**!

## Perfectly Peach Scones

### intro

I have found that making scones with kids is one of the easiest recipes to cook with them. What I love about this recipe is that it doesn't require perfection to turn out okay. The kids are so proud of their work that when they slap a little cream onto them, they think they're the best! So, when kids are measuring a cup of flour, and it is slightly over, or it looks like they are overworking the dough (their hands are lighter than ours), don't fret; give them some creative space and see how they go.

### cream + chop

Have your kids cream together **1/2 stick or 4 tablespoons softened butter** and **2 tablespoons sugar** in a large mixing bowl with a whisk or an electric hand mixer. Then have kids chop **1 peach** into small pieces and set to the side (to use in scones and in clotted cream if making).

### measure + mix

Next, have your kids measure and add **3/4 cup milk**, **2 teaspoons lemon juice**, **2 cups flour**, **4 teaspoons baking powder**, and **3/4 teaspoon salt**. Mix until it just comes together in a dough. If it is too sticky, add **1 tablespoon of flour**.

### add + fold

Add **2 tablespoons of the chopped peaches** to the dough and have your kids gently fold them into the dough.

### divide + cook

Turn the dough out onto a floured surface and fold over until smooth, then divide the dough into about 12 pieces and have your kids flatten their scone with their hands. Heat a skillet on your stovetop over medium-high heat. Test to see if it is hot enough by sprinkling some flour on it—if the flour turns light brown in a few seconds, the skillet is ready. Place your scones on your preheated skillet and cook for 5 to 7 minutes per side, turning them when they have risen and the bottoms are golden brown.

### cool + serve

Remove the scones from the heat and let them cool for a few minutes before serving. Serve while still warm with **Quick Clotted Cream** and **Easy-Peasy Peach Compote**! "Ith do leòr" (Eeth dhu lyor) or "Enjoy your meal" in Scots Gaelic (literally, "eat enough")!

## Easy-Peasy Peach Compote

### intro

You must macerate fruit to create compote, soaking and bringing the flavors together in a liquid. This is just what we will do in this recipe as we soak naturally sweet peaches in lemon juice and sugar. The longer the compote sits, the better it will taste.

### dice + squeeze + toss

Have your kids dice up **2 fresh peaches** and add them to a medium bowl. Squeeze **1 teaspoon of lemon juice** over the top and then toss **1 tablespoon of sugar** with the peaches. Soak the peaches in the lemon-sugar syrup for as long as possible to macerate, but at least 10 minutes. You can use your peach compote on scones, like **Perfectly Peach Scones**, pancakes, waffles, yogurt, or ice cream!

## Peachy Iced Tea

### intro

Typically, to make iced tea, you'll need to boil a liter of water and wait a long time for it to cool before drinking your homemade iced tea. But here's a recipe for real iced tea that you can drink immediately, whether you like green, black, or any other tea. This recipe makes about one liter of iced tea, takes about two minutes to make, and after just one minute, you can drink your peachy iced tea.

### steep + combine

Carefully fill a heat proof liquid measuring cup with **3/4 cup of very hot water** (from the tap or microwave). Dip **2 decaf tea bags** in the water until you have a glass of very strong tea. Meanwhile, fill a blender (or pitcher for use with an immersion blender) with **3 1/2 cups of cold water**. Then, slowly pour the hot tea you made into the blender or pitcher. Add **2 tablespoons sugar, 2 to 3 teaspoons lemon juice**, and **1/2 ripe peach**.

### blend + pour + chill

Blend, then pour into a pitcher, add ice cubes, and chill for at least 1 minute. Enjoy!

## Featured Ingredient: Peach!

Hi! I'm Peach!

"Did you know I'm related to almonds, apricots, cherries, and plums? We're all part of the Rose family! You may know my cousin, Nectarine, who has smooth skin compared to my fuzzy skin. We're both juicy and

delicious summer fruits that are wonderful to eat whole or sliced and added to fruit salads and ice cream!

## History & Etymology

Archeological evidence points to the peach's domestication in China as early as 6000 BCE.

In China, peaches are considered a symbol of good luck, protection, longevity, and friendship and are found in many Chinese paintings, poetry, and on porcelain as far back as 551 BCE.

China is the biggest producer of peaches worldwide, and Italy is the second largest.

Columbus brought several peach trees to America on his second and third voyages.

Spanish monks established the first peach orchard in Florida in the mid-1500s.

Georgia, also known as the Peach State, has many peach orchards, although California produces about 50 percent of all peaches in the USA.

Georgia claims it makes the "world's largest peach cobbler" at the annual Georgia Peach Festival. It measures 11 feet by 5 feet and uses 75 gallons of Georgia peaches.

The Guinness World Record for the largest fruit cobbler is a 2,251-pound peach cobbler made by Hampton Inn of Ruston, Louisiana, for the Louisiana Peach Festival in 2015. It used 819 gallons of peaches!

The peach is the official state fruit of both Georgia and South Carolina.

The word "peach" comes from late Middle English, from the Old French "pesche," from the medieval Latin "persica," from the Latin "persicum." These European derivations came from the belief that peaches originated in Persia (modern-day Iran). In fact, the scientific name for peach, "*Prunus persica*," means "Persian plum."

## Anatomy

The peach is a member of the Rosaceae family and a close relative of almonds.

Peaches are stone fruit related to apricots, cherries, and plums. They have soft, fuzzy, pinkish-yellow skin, and their flesh can vary from almost white-yellow to almost red. Each peach has a pointed, furrowed, egg-shaped seed in the middle, which either comes away easily (freestone) or is difficult to remove (clingstone).

A nectarine is a variety of peach that has smooth skin. Its skin is usually redder, and its flesh can be either white or yellow.

## How to Pick, Buy, & Eat

It is an ideal snack between meals—eating a peach can give you the feeling of being full, so you will eat less, which is great for losing weight. An average peach contains about 35 to 50 calories and an insignificant amount of fat.

Peaches are best from June to the end of August.

A ripe peach will smell sweet and have a slight give when pressed, but squeeze very gently since the fruit bruises easily. It should be dark yellow with no green and have a round shape.

If a peach is not ripe when bought from the store, it will ripen at home if you leave it on a counter at room temperature. Refrigerate peaches to slow their ripening.

Peaches are a great snack fruit to eat whole, but you can also add sliced or cubed fresh peaches to hot or cold cereal, fruit salads, cakes, pies, cobblers, and ice cream. You might even try cutting them in half and grilling them.

## Nutrition

Peaches are a moderate source of vitamin C, which helps your body heal and boosts immunity against disease. They also provide small quantities of vitamin E, niacin, potassium, and other vitamins and minerals.

Potassium helps maintain proper fluid levels inside cells, which helps maintain blood pressure. It also aids proper muscle function.

Yellow-fleshed peaches also supply some beta-carotene that converts to vitamin A in the body, which is good for eye health.

The dietary fiber in peaches aids digestion, and antioxidants help to protect cells by preventing oxidation.