Lemony Light Wheat Scones

2 egg
1 Tbsp. grated lemon peel
3 tsp. baking powder
1 Tbsp. sugar
1/2 tsp. salt
1 1/2 cups Stone-Buhr unbleached white bread flour, plus extra for shaping
1/2 cup Stone-Buhr whole wheat flour
1/4 cup butter cut into pieces (1/2 stick)
1/3 to 1/2 cup cream (or milk)

Topping: 1 egg white, lightly beaten with 2 Tbsp. sugar and 2 tsp. grated lemon peel, until sugar is dissolved.

In a medium bowl, mix both flours, the baking powder, sugar and salt. Add the butter and lemon peel. With a fork, cut in the butter until mixture resembles coarse crumbs. In a small bowl, whisk 1/3 cup cream with the 2 eggs. Add to the dry ingredients, and gently stir until moistened and well mixed. If the dough seems too dry, add the rest of the cream. It should be firm enough to handle, but still very soft.

Scrape onto a lightly-floured board, and knead gently and briefly until blended – just a few seconds. Pat the dough into a 9 x 6-inch rectangle. With a floured chef's knife, cut into (6) 3-inch squares, then cut each square into a triangle, to get 12 pieces. Make topping.

Place scones 2-inches apart onto an oiled baking sheet. Brush each with the topping.

Bake in a pre-heated 425°F oven for 12 to 15 minutes, until a golden brown.

Cool scones slightly on a rack. They are best if served warm, but can be frozen or re-heated.

Makes 12 scones.

Light Wheat Pastry Dough

6 Tbsp. oil
1/2 tsp. salt
1 1/2 tsp. sugar
4 to 5 Tbsp. ice water
1/2 cup Stone-Buhr whole wheat flour
1 1/2 cups Stone-Buhr unbleached white bread flour, plus extra for rolling
6 Tbsp. butter, cold, cut into pieces (3/4 of a stick)

Mix both flours, salt, and sugar in a medium bowl. Add the oil and mix well with a fork until it resembles fine crumbs. Add the cold butter, and cut it in with the fork until it resembles coarse crumbs.

Add the ice water 1 Tbsp. at a time, gently tossing to mix, until you can gather dough up into a ball. Do not over-mix, or it will be tough. With hands, divide dough in half and shape each into smooth, round, flat balls. Do not overwork the dough. Wrap each half in plastic wrap.

Refrigerate the dough for 1 hour to relax and chill it before rolling.

Roll out on a lightly-floured marble slab to desired size. If you don't have marble, use a floured wooden board.

Makes (1) 8 to 9-inch double pie crust.