



Banana Bread Scones

From 100 Morning Sweets by Sarah Kieffer

Makes 8 scones

SCONES

- 1/2 cup [113 g] mashed bananas (about 1 1/2 bananas)
- 1/3 cup [80 g] heavy cream, plus more for brushing
- 1 large egg
- 1 teaspoon pure vanilla extract
- 2 1/4 cups [320 g] all-purpose flour, plus more for dusting
- 1/3 cup [65 g] granulated sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 12 tablespoons [1 1/2 sticks or 170 g] cold unsalted butter, cut into 1/2-inch [12 mm] pieces
- 1/4 cup [30 g] pecans, toasted and chopped

RUM ICING

- 1 tablespoon unsalted butter, melted
- 1 to 2 tablespoons blackstrap rum or other dark rum
- Pinch of salt 1 cup [120 g] confectioners' sugar

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1. FOR THE SCONES: Line a sheet pan with parchment paper. In a medium bowl or liquid measuring cup, whisk together the mashed bananas, heavy cream, egg, and vanilla. Refrigerate until ready to use.
 2. In a large bowl, whisk together the flour, granulated sugar, baking powder, and salt.
 3. Add the butter to the dry ingredients, and use a pastry cutter to cut in the butter until the flour-coated pieces are the size of peas. Add the chopped pecans and stir to combine. Add the refrigerated wet ingredients and fold with a spatula until just combined.
 4. Transfer the dough to a generously floured surface and knead ten to twelve times, until it comes together, adding a little flour as necessary. Pat the dough into a square and roll it into a 12-inch [30.5 cm] square, dusting with flour as necessary. Fold the dough in thirds, like a business letter. Fold the dough in thirds again by folding in the short ends, making a square. Transfer it to the prepared sheet pan and put it in the freezer for 10 minutes.

5. Return the dough to the floured surface, shape it into a 12-inch [30.5 cm] square, and fold the dough in thirds again. Turn over the dough, so it's seam-side down, and gently roll out the dough into a 12 by 4 in [30.5 by 10 cm] rectangle.
6. With a sharp knife, cut it crosswise into four equal rectangles, then cut each rectangle diagonally into two triangles. Transfer the triangles to the prepared sheet pan. Freeze the scones for 30 minutes.
7. Position an oven rack in the middle of the oven and preheat the oven to 375°F [190°C].
8. Brush the tops of the scones with a little heavy cream, making sure it doesn't drip down the sides. Place another sheet pan under the scones, so the pans are double-stacked. Bake the scones, rotating the stacked pans halfway through, until the tops and bottoms are light golden brown, 18 to 25 minutes. Transfer the top sheet pan to a wire rack and let the scones cool slightly.
9. FOR THE ICING: While the scones are baking, in a small bowl, whisk together the melted butter, 1 tablespoon of the rum, and the salt. Add the confectioners' sugar and mix together, then whisk until well combined and smooth. Add more rum (or water), 1 tablespoon at a time, if needed, to reach the desired consistency. Use the back of a spoon or an offset spatula to top each scone with the icing.
10. Scones are best eaten the same day they are made.

Maple Icing

- 1/4 cup [80 g] maple syrup
- 1 tablespoon unsalted butter, melted
- 1/2 teaspoon pure vanilla extract
- Pinch of salt
- 1 cup [120 g] confectioners' sugar

In a small bowl, whisk together the maple syrup, melted butter, vanilla, and salt. Add the confectioners' sugar and mix together, then whisk until well combined and smooth.