

**Recipe Packet: Teen Camp, Day 4**

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**Blueberry Scones**

**Makes 24 scones**

4 cups plus  $\frac{1}{4}$  cup all-purpose flour  
1/3 cup sugar, plus additional for sprinkling  
2 tablespoons baking powder  
2 teaspoons kosher salt  
Zest of one lemon  
 $\frac{3}{4}$  pound (3 sticks) very cold unsalted butter, cut into small pieces  
4 large eggs, lightly beaten  
1 cup cold heavy cream  
1 cup dried blueberries, soaked in hot water and drained  
1 egg beaten with 2 tablespoons water or milk, for egg wash  
2 tablespoons turbinado sugar (optional)  
 $\frac{1}{2}$  cup confectioners' sugar, plus 2 tablespoons  
4 teaspoons freshly squeezed lemon juice

Preheat the oven to 400°F.

Soak the blueberries in hot water for 10 minutes, or at least as long as it takes to prepare the rest of the recipe. Drain and set aside.

Cut up the butter sticks and keep in the freezer until you are ready to use them. In a large bowl, mix the flour, sugar, baking powder and salt with a wooden spoon.

Add the butter. Cut the butter into the flour using a pastry cutter or by rubbing the butter and flour together between your fingers. Do this very quickly and randomly. You should still have lumps of butter varying from small (pea-sized) to large (blueberry sized). Do not let the butter get soft. If it does, return the bowl to the fridge for a few minutes.

Combine the eggs and heavy cream together and add to the flour mixture. Stir gently with a wooden spoon until the dough forms a shaggy, lumpy mass. It's ok that it's not smooth or uniformly mixed in. It's ok to see random lumps of butter still not mixed in. Drain the cranberries and add them and the remaining cup of flour to the dough. Mix gently until the cranberries are distributed evenly in the dough.

Transfer the dough onto a well-floured surface and gently, with floured hands, pat it down into a rough rectangle shape about 1-inch thick. Use a spatula and pick up one end of the dough and fold it over in half. Pick up the entire dough piece and turn it 45-degrees. Flour your hands and pat it down into another rectangle. Pick up one end and fold it over, then pick up the entire dough piece and turn it 45-degrees again. Repeat this patting, folding, turning method 4 more times. Keep flour dusted

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underneath the dough as you turn it.

For the last pat-down, make sure the rectangle is about 10-12 inches long and 6 inches wide. Use a sharp knife and cut three strips of dough, each strip being about 2 inches wide and 10- 12 inches long. Cut each strip into 8 triangular pieces and lay each piece on a sheet pan lined with parchment paper or foil. You can fit 12 pieces on one tray, and prepare another tray for the remaining 12. Refrigerate the scones for about 30 minutes to firm up the butter.

Just before baking, lightly brush the egg wash over the tops of the scones and sprinkle the tops with the turbinado sugar.

Bake for 20-25 minutes, or until the tops are browned and the insides are fully baked. The scones will be firm to the touch. Transfer the pans to a wire rack to cool.

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**Herb and Cheese Bread Knots**

Makes 12 knots

- 1 cup whole milk
- 1 cup water
- 2 tablespoons unsalted butter
- 1 tablespoon sugar
- 1 ½ teaspoon kosher salt
- 5 ½ cups all-purpose flour
- 1 envelope active dry yeast (1/4 ounce)
- ¼ cup chopped herbs (parsley, thyme, tarragon, etc)
- ¼ cup shredded cheese
- 1 egg yolk
- 1 tablespoon water

Preheat the oven to 400°F.

Combine the milk, water, butter, sugar and salt in a small saucepan. Bring to a boil and remove from the heat and let it cool to room temperature.

In a large mixing bowl, stir together the flour and the yeast. Pour in the milk mixture and stir with a wooden spoon until the dough begins to come together. If you have a stand mixer, you can use the dough hook and mix for about 8 minutes on medium speed. If not, knead the dough on a floured surface for about 10 minutes. Add the herbs and cheese and knead for 8 minutes more. Place the dough in a bowl oiled with 1 tablespoon of olive oil and coat it all over. Cover with plastic wrap and let it ride until double in size, about 1 hour.

Punch down the dough and divide into 12 portions. They should be a little larger than a golf ball. Roll out a ball of dough into a snake about 12" long and tie into a knot. Place on a baking sheet lined with parchment paper. Repeat with the remaining knots.

Set the knots aside until they double in size, about 20 minutes. Make an eggwash with the egg and water. Brush onto the tops of the knots and bake in a preheated oven for 10 minutes. Rotate the pans and continue to bake for another 15, or until they are nice a brown on top and bottom.

Remove from the oven and slide onto a wire cooling rack. Cool to room temperature before serving.

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**Albondigas in Rich Tomato Sauce**

Makes approximately 90 meatballs

**Meatballs:**

1 large onion, chopped fine  
1 large green bell pepper, chopped fine  
1/4 cup plus 2 tablespoons olive oil  
2 ½ pounds ground beef (not lean)  
2/3 cup fine dry bread crumbs  
2 1/2 teaspoons kosher salt  
2 teaspoons chili powder  
2 teaspoons smoked pimenton dulce/sweet paprika  
1/4 teaspoon freshly grated nutmeg  
1/4 cup minced fresh parsley leaves

**Sauce:**

4 large garlic cloves, minced  
1 tablespoon olive oil  
1 tablespoon ground cumin  
1 tablespoon smoked pimenton dulce/sweet paprika  
2 24-ounce cans diced tomatoes, including juice  
1 cup water  
3/4 teaspoon dried oregano, crumbled

In a large skillet, cook onion and bell pepper in 2 tablespoons oil over moderately low heat, stirring occasionally, until softened. Cool mixture. In a large bowl combine well onion mixture, ground meat, bread crumbs, salt, chili powder, pimenton, nutmeg, and parsley. Form level tablespoons of mixture into balls (about 90).

In a skillet heat 1 tablespoon oil over moderately high heat until hot but not smoking and brown meatballs in batches (about 16 at a time), shaking skillet frequently so that meatballs maintain their shape and adding remaining 3 tablespoons oil as necessary. Transfer meatballs with a slotted spoon as browned to a bowl.

Sauce: In a large stockpot, cook garlic in oil over moderately low heat, stirring, until fragrant, about 15 seconds. Add the cumin and pimenton and stir until fragrant, about 1 minute more. Add tomatoes with juice, oregano and water. Simmer, covered, breaking up tomatoes. Add meatballs and simmer, covered, gently stirring occasionally, 2 – 5 hours, or until meatballs are tender and sauce is thickened slightly. Transfer meatballs with slotted spoon to heated serving dish. If sauce seems thin, boil gently, stirring frequently, until thickened to desired consistency. Season sauce with salt and pepper and spoon over meatballs.