

Breakfast Valentine Scones  
Adapted from Chicago Tribune (date unknown)

Ingredients

1½ cups all-purpose flour  
2/3 cup sugar  
scant 1 teaspoon baking soda\*  
½ teaspoon flake or kosher salt (or ¼ teaspoon if using table salt)  
10 tablespoons (1¼ sticks) melted unsalted butter  
¼ cup plus 2 tablespoons unsweetened cocoa powder\*  
1 egg  
¼ cup plus 2 tablespoons cold milk

1. In a medium bowl, mix the flour, sugar, baking soda, and salt thoroughly to combine. Set aside.
2. Melt the butter over low heat in a small non-stick pot, stirring or swirling regularly. Remove from heat when just melted. Add cocoa to melted butter and stir gently until smooth. Stir in the egg, then the milk, until well blended. Pour wet mixture over dry ingredients; fold gently with rubber spatula, scraping down sides of bowl as you go along, until flour is just mixed. It is ok if traces of flour remain. Do not try to make smooth batter.
3. Place dough on a sheet of waxed paper (about 24 inches long). Fold excess wax paper over top of dough and pat into 10-by-5-inch rectangle. Chill dough about 1 hour to firm.
4. Position a rack in oven center. Preheat oven to 400°F. Using a 2 or 2½ -inch heart-shaped biscuit or cookie cutter, cut out about 8 hearts. Use dough scraps to make 2 more hearts. Transfer hearts to and ungreased baking sheet (or line with parchment). Bake until tops are dry and cracked and bottoms have begun to take on color—about 10 to 12 minutes.
5. Serve warm or at room temperature.

\*regular or natural cocoa is slightly acidic, so the appropriate leavening to use is baking soda. Dutch-process cocoa is cocoa that has been alkalized, so that it is no longer acidic. Baking soda won't work if it not used in conjunction with an acidic ingredient. Therefore, if using Dutch-process cocoa (alkalized), substitute 1 tablespoon baking powder (which is baking soda that has been premixed with the correct amount of acidic powder that will allow the dough to rise).

Nutrition information per scone: 240 calories, 46% calories from fat, 13 grams total fat, grams saturated fat, 50 milligrams cholesterol, 4 grams protein, 29 grams carbohydrates, 2 grams total fiber, 140 milligrams sodium.

Recipe adapted from A Year in Chocolate (Warner Books, 2001) by Alice Medrich.