

2 T dry buttermilk solids

1/2 cup water

2 T solid vegetable shortening such as Crisco

Preheat griddle over med high heat.

Stir together flour, cream of tartar, salt, sugar, baking soda, cinnamon, and buttermilk solids.

Add water and stir until well combined.

Turn the batter out on a well floured surface, knead a few turns, and pat into a circle about 6 1/2 inches in diameter.

With a sharp knife, cut the dough into 8 wedges.

Melt the shortening on the griddle.

When the shortening is HOT, lower the heat to med and place the scones on the griddle.

Cook until the first side is golden brown, then turn and cook the other side.

Test for doneness by splitting one scone.

It should not be doughy, but should look like a biscuit.

Remove the scones from the griddle and serve with butter and apple butter

Makes 8 small scones.

NOTE: to cut fat, scones can be cooked on non stick griddle with light spray of cooking spray.

MARINADE FOR CHICKEN for stirfry or otherwise

4 chicken breast halves (approx 1 1/2 pounds) cut into 1/2 inch thick, bite size pieces

1 egg white

1 T cornstarch

1 T dry sherry

1 T soy sauce

1 small (6 oz.) onion halved and thinly sliced

1 garlic clove, pressed

In glass pie pan, thoroughly mix the egg white, cornstarch, sherry, soy sauce, onion and garlic. Marinate the chicken pieces in this mixture for 30 min to no more than an hour.