

ARTICHOKE, YAM, & BLUE CHEESE SCONES

These savory scones are a meal in themselves. They are an interesting blend of quartered artichokes, sweet yams, and creamy pungent blue cheese. The addition of the aromatic flavor of sage brings the mouth alive with a multitude of tastes! These scones also make a delightful lunch served with a salad or soup.

Makes 8 scones

- 1 large yellow onion
- 1 tablespoon vegetable oil
- 2 medium-size yams
- 8 ounces (small can) artichoke hearts
in water
- 1³/₄ cups unbleached all-purpose flour
- 1¹/₂ cups whole wheat flour
- ¹/₂ teaspoon baking soda
- 1¹/₂ teaspoons non-aluminum baking powder
 - 1 teaspoon sea salt
 - Pinch cayenne pepper
- 1 cup unsalted butter
- 2¹/₂ cups grated Asiago cheese
- ¹/₂ pound crumbled blue cheese
- 2 tablespoons chopped fresh sage

Chop the onion into 1/2-inch dice and sauté in a skillet with a small amount of oil until brown. Peel and chop the yams into 1/2-inch cubes, and then lightly steam until cooked but still firm. Drain the artichoke hearts and cut in quarters. Put the onion, yams, and artichoke hearts in a large bowl and set aside.

Sift flours, baking soda, baking powder, salt, and cayenne pepper in mixing bowl. Cut butter into 1-inch chunks. Add butter to the dry ingredients and cut in with a pastry cutter until the mixture is the size of peas. Gently fold in the Asiago cheese and half of the blue cheese.

Mix the sage into the yam mixture and fold the mixture into the dough; briefly mix until the dough comes together. Don't over-mix. This dough should have a chunky appearance and a sticky texture. If the dough is not sticky, add a small amount of liquid (buttermilk, milk, or water) to create a sticky texture.

Using an ice cream scoop or a large spoon, scoop out baseball-size balls of dough and place on a greased baking sheet. Flatten the ball with a fork, making a small depression on top. Place the remaining blue cheese in the depressions on top the scones. Bake in a preheated oven at 350 degrees F for approximately 30 minutes or until the scone is light brown. Place on a wire rack to cool.