

SCONES: A SHORT HISTORY



Scones are biscuit-like pastries or quick breads that are often rolled into round shapes and cut into quarters, then baked, sometimes on a griddle. Scones can be savory or sweet and are usually eaten for breakfast, but are also served with tea and in coffeehouses.

The scone is a basic component of the cream tea or Devonshire tea. It differs from teacakes and other sweet buns that are made with yeast.

History:

Scones got their start as a Scottish quick bread. Originally made with oats and griddle-baked, today's version is more often made with flour and baked in the oven. As for the origin of the word "Skone", some say it comes from the Dutch word 'schoonbrot', which means beautiful bread, while others argue it comes from Stone of Destiny, where the Kings of Scotland were crowned. According to Webster's Dictionary, scones originated in Scotland in the early 1500s.

Scones became popular and an essential part of the fashionable ritual of taking tea in England when Anna, the Duchess of Bedford (1788 – 1861), one late afternoon, ordered the servants to bring tea and some sweet breads, which included scones. She was so delighted by this, that she ordered it every afternoon and what now has become an English tradition is the "Afternoon Tea Time" (precisely at 4:00 p.m.). They are still served daily with the traditional clotted cream topping in Britain