

Carrot Cake Scones

By Susie Iventosch



Photo Susie Iventosch

These carrot cake scones really do taste like carrot cake, and especially when you add the cream cheese icing on top! Full of goodies like finely grated carrots, raisins, and toasted pecans, spiced with cinnamon and cardamom, they are a hearty and delicious breakfast snack. I love them with icing on top, but if you prefer a slightly healthier version, then just omit the icing! Whenever I make

scones or cookies with raisins, I first like to soak the raisins in boiling water for about 15 minutes, so they won't dry out too much in the baking process. They stay plump and juicy this way. You just need to be sure to squeeze out any excess liquid before adding them to the dough. I use finely grated carrots for these scones because I don't want huge pieces of carrot in my scone, but rather a finer, more sub-

tle bit of carrot in each bite.

Because of these moist ingredients, you may find that you need to add a bit more flour once you have all the ingredients mixed. If you do, then just add a little bit of flour at a time, one or two tablespoons, until you have a dough that holds together.

I haven't tried this yet, but since pineapple is a key ingredient in our carrot cake recipe, I think I'll try adding some canned pineapple to my next batch of carrot cake scones. This, too, will make the batter moist, so if you try this, be sure to have a little extra flour handy!

INGREDIENTS

Scones

- 2 1/2 cups all-purpose flour
- 4 tbsp. light brown sugar
- 1 tsp. baking soda
- 2 tsp. cream of tartar
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. cardamom
- 1/4 tsp. all-spice (*optional)
- 4 oz. butter, chilled and cut into small 1/2-inch pieces (= 8 tbsp. or 1 stick, or 1/2 cup)
- 1 cup raisins (rehydrated - see directions below)
- 1 cup toasted pecans (coarsely chopped)
- 1 cup finely grated carrots
- 3/4 cup milk or half and half - your choice
- 1 tsp. vanilla extract
- 1/2 cup toasted pecans pieces (for garnish on top of the icing)

Cream Cheese & Vanilla Icing

- 2 oz. cream cheese (softened to room temp)
- 1 cup sifted powdered sugar
- 2 tbsp. milk
- 1/2 tsp. vanilla extract

DIRECTIONS

Preheat oven to 425F. Prepare a baking sheet with cooking spray or parchment paper.

To rehydrate the raisins, place them in a small bowl. Pour about 1 cup of boiling water over them and allow this to sit for about 15-20 minutes. Strain or squeeze excess water out of the raisins before adding them to the dough. You can use a strainer for this or cheese cloth.

Sift flour, salt, baking soda, cinnamon, cardamom, (allspice if using), and cream of tartar into a bowl. Stir in brown sugar. Using a pastry cutter or cold fingertips, cut the butter pieces into the dries until the pieces of butter are like small peas. Stir in the raisins, carrots, and pecans. Mix well. Add milk and vanilla all at once and mix just until integrated.

Turn dough onto floured cloth or board and gather into a ball. You may need to absorb a little of the extra flour for this step but be careful to not over handle your dough. Use a light touch. Remember, as our British au pair once told me, "The keys to good scones are cold hands and a warm heart!"

Roll or flatten the dough ball out to about 1 1/4 inch in thickness. Cut dough into 8 triangles for large scones, or 12 triangles for smaller scones. Or you can also use a biscuit cutter dipped in flour if you prefer round scones. Place scones on prepared baking sheet and refrigerate for 10-15 minutes, or longer. Remove from the refrigerator and bake for 12-14 minutes, or until the tops begin to turn golden-brown. Remove from oven and cool completely before icing.

Make the Icing

While the scones are baking, it's time to make the icing. Simply blend the sifted powdered sugar with the softened cream cheese. Whisk in the vanilla and enough milk to get to a thick icing consistency. If you accidentally add too much milk, just add a little more sugar, and if it's too thick, then add more milk, a tiny bit at a time!

Spread the icing over the cooled scones with a spoon or offset spatula and then top with extra toasted pecan pieces while the icing is still moist. If you want to serve the scones warm, store them without the icing, and once reheated, spread the icing over them just before serving.

These scones store very well in the refrigerator even once iced, but if you want to freeze them, we suggest icing them when you're ready to serve them.



Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: www.lamorindaweekly.com. If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>

Peaceful protest at Saint Mary's College

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Reflecting on what stood out about the conversations held Thursday evening, Cook said, "They voiced their concerns about what's going on in the world, they showed they were engaged and advocated and were committed. Whether or not an individual agreed with their concerns, they took a stand and we were impressed by that. If a group of students came with a different position on the conflict in Gaza or with concerns about another issue, I'd greet them with the same approach. It's part of what we do: we listen to students."

The students' three demands included reaching an agreement not to remove the De La Salle statue memorial during graduation ceremonies, disclosure of financial investments, and divestment from all corporations complicit in Israeli war crimes, as stated in the Student Power Coalition's Calls for Change. The negotiations involved all of the students who had engaged in the protests, a faculty witness, and senior representatives of the administration, including Cook.

"The negotiations were mostly straightforward," recalled Machnik. "The stickiest part was not what I expected. The college didn't want to leave up the memorial. I had expected the hardest part would be the divestment demand. But it was

important to have the memorial because up until that point, there had been no space created on campus to acknowledge the Palestinian lives lost. It was a space for Palestinian students to see their struggles reflected. We were told a number of things about why they would remove it. After an official announcement went out saying just that it would be removed, we were told they were worried it would get destroyed. Then that it would interfere with graduation photos."

Ultimately, discussions during the negotiations centered on erecting a more permanent memorial and led to a solution. "The temporary memorial was removed, but part of our agreement with administration is that we will work after commencement to create a more lasting, enduring memorial," said Machnik.

Cook says among the issues presented by the students were decisions the administration could make—such as planning a permanent memorial—and decisions about disclosures and divestitures that fell under the Board of Trustees purview. His primary objective and guiding principle during the discussion was to "be professorial," he said. "My job in the classroom is to learn from students and teach them at the same time. I'm not telling them what's right. My job as provost was to guide

them and help them to figure out where to take their concerns. If you want to memorialize the children killed in Gaza, what's the best way to do that? The discussion was like a seminar. From the first evening, the relationship with the students was open and collaborative."

Cook assured the students they would be able to meet with the board and present their requests for disclosure and divestment. "They understood the board would require a meeting before taking action and worked with me to bring a presentation to them that suggested the creation of a task force."

The task force will look at the investment portfolio with the initial purpose to make Saint Mary's social responsibility policy more transparent. It was created in the 1980s and guides the college's endowment investments. Cook said, "We thought it was great and we started with common ground, even on the things that weren't actionable immediately. I told the students that if at any point they didn't feel we were responsive, go back on strike. We weren't negotiating, we were working together to make the college a better place."

Machnik said the proposed task force will be made up of students, faculty, staff, administration, and a representative from the Board of Trustees. "We have assurances from the senior

provost that the board is open to granting full disclosure. We asked the task force review investments and work toward policies that address divesting of investments in violent and oppressive systems. To ensure their response to our requests isn't performative, the administration must continue to support our proposals. Divestment can't happen unless all parties remain committed and involved. I'm confident because the people in the negotiations were sympathetic to our position and there was a sense they wanted to work with us peacefully to resolve the issues."

Asked about reasons the demonstration at Saint Mary's avoided some of the pitfalls that occurred on other campuses, Cook mentions "not being a massive public university" and not having outside protesters who have initiated violent confrontations at other locations. "That engagement of our staff, faculty, and students was also different because we know each other. Our community is small: there wasn't a student I didn't recognize from some interaction I've had on campus. They asked how they could trust us and I said because you are our students. The last thing in the world we would do is stop paying attention to you. Our job is to listen to you, to make sure you're seen and heard."

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