

# YUMMY NORTHWEST

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## COME, ALL YE FAIR MAIDENS (AND GENTS)

**You have to go** to the Puyallup Fair! This year it's Sept. 5-21. There are lots of things to do, but eating fresh, warm, jam-filled Fisher scones is surely the best of all!

OK, you can't go? I don't know what your excuse could possibly be, but let's say it's a reasonable one. Any time of year you can go to a local supermarket and buy "The Original Famous Fair Scone & Shortcake Mix." Just add water! And throw in a little fancy forkwork to mix. (You can slop it together quickly with a spoon, but why not show off a bit?)

While they are baking, you have ten minutes to find some pillows or thick comforters to spread on the floor. Once those scones come fresh out of the oven, you will no doubt swoon as you bite into one. Eat one plain, then smother another with butter and raspberry jam. Eat them all.

### Thank You, Fishers!

Fisher Flouring Mills, opened in 1911, was one of the first industries on Harbor Island.

KOMO radio station was founded by the Fisher family in 1926.

But the family's greatest claim to fame is the Fair Scone.

When William Paulhamus, president of the Puyallup Fair, discovered the tasty tidbits in 1915 and sold them at the fair that year, history was made.

Since 1977, the name of the company has been Fisher Fair Scones, Inc. They now sell all sorts of mixes, but the original Fair Scones remain a Northwest favorite.

For recipes and product information, go to [www.fairscones.com](http://www.fairscones.com).



### Secret recipe...

**OK, I reckon I exaggerate** when I call it "secret." I found it in a newspaper ages ago. (I wish I could remember which one, to give it credit.)

But if those scones you ate at the fair seemed mysteriously delicious, enough – according to my recipe clipping – to entice 2,000 people to snatch them up every 10 minutes during the fair, well, here's the secret. Shhh.

#### The Puyallup Fair Original Scone Recipe

- 2 1/2 cups Fisher's Blend Flour
- 1 tablespoon baking powder
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 6 tablespoons shortening
- 1/2 cup raisins
- 2/3 cup milk

Sift and measure the flour. Resift with baking powder, sugar and salt. Cut shortening into the dry ingredients with knives or pastry blender. Add raisins to dry ingredients and add the milk.

Turn out mixture on floured board, divide into two pieces, rolling each to thickness of biscuits. Cut each into four wedge-shaped pieces like pie and bake 15 minutes at 450 degrees.

To serve: Split open but do not cut clear through, butter and fill with raspberry jam.



### Delicious Murder

*Sticks and Scones*

by Diane Mott Davidson

Join caterer/sleuth Goldy Schulz as she bakes her way through another mystery. This time she's working in a real castle. The body, unfortunately, is real, too.

## Saucy Scones

**Faithful reader, N.**, asked if I could include a scone recipe made with applesauce. I searched and could only find one that uses applesauce as a fat substitute. This is from Bed & Breakfast Inns Online ([www.bbonline.com](http://www.bbonline.com)).

### Low-Fat Scones

Sift together:

- 1 ½ cups self-rising flour
- 1 ½ cups white flour
- 1 tablespoon baking powder
- ¾ teaspoon baking soda
- 1 teaspoon ginger
- 1/2 cup sugar

Rub 2 1/2 ounces light margarine into flour mixture until grainy in texture.

Beat 2 egg whites until frothy.

Add ¾ cup unsweetened applesauce and 1 teaspoon vanilla to egg whites.

Add wet ingredients to dry ones to make a firm dough. Pat or roll out until ¾-inch thick and cut into circles.

Bake 15-20 minutes at 375 degrees.



### The adventurous staff at

[www.cooksillustrated.com](http://www.cooksillustrated.com) have determined that light, tender scones are possible when you don't over mix the dough and you get them quickly into a hot oven (450 degrees seems optimum). Experiment with your own recipes.



**The folks at Olympic Lavender Farm** in Sequim, Wash., produce a delightful Lavender Scone Mix. Add butter and milk to their dry mix of flour, oatmeal, sugar, baking powder and lavender flowers, and you've got yourself a tasty treat.

To order, call (360) 683-4475 or go online at [www.olympiclavender.com](http://www.olympiclavender.com).



## Faire Scones

At the annual mid-August Canterbury Faire in Kent, Wash., the Kent Senior Activity Center makes their own nice jam-filled scones. After meeting such notables as Queen Elizabeth and sidestepping the stained and dirty berry-selling beggars wandering the faire grounds, sit down with a scone and relax.

[www.ci.kent.wa.us/culturalprograms/CanterburyFaire/](http://www.ci.kent.wa.us/culturalprograms/CanterburyFaire/)

## I made a mistake!

**Have you ever** heard yourself say this? Maybe it wasn't really your fault. I hate to admit it, but cookbooks make mistakes, too.

My friend M. had despaired of her baking skills after trying a couple of recipes from a book I had given her: "Knead," by Carol Tennant. Well, obviously, M. only needed my expert guidance. We delved into a lesson on making scones from the recipe in the book.

"The dough's awfully sticky," were the last words uttered before the pan scooted into the oven.

Twenty minutes later, we examined our handiwork. Eeeek! The scones were raw in the middle, with a tasty but superfluous crust.

I looked at the recipe again and wondered about that 1½ cups of sugar the recipe called for. Compared to my other recipes, which only called for maybe 2 tablespoons, that seemed excessive.

M. and I talked it over, and we realized that every recipe she'd tried in the book had failed. We agreed to throw it away altogether – a difficult decision indeed!

I say all this to warn you that it could happen to you. I urge you to continue to trust recipes (I depend on them more than I can say!) – but be wary. If your efforts flounder, don't automatically blame yourself.

To console her and rekindle her baking courage, I bought M. a Fair Scone Mix. If a recipe fails, try a mix.



## About YUMMY NORTHWEST

Each monthly issue highlights an edible delight available in the Pacific Northwest.

## Contact the editor

Comments, corrections, topic ideas and submissions are all most welcome.  
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