

Seasonal Eating
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.Continental Breakfast
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Holiday season is approaching which means family and guests in the house and that requires breakfast. Continental breakfast is a light meal usually consisting of baked goods, fruit, juice and coffee. It is a great way to feed family and friends as you don't have to serve hot dishes and everyone can help themselves whenever they get up.

Holiday baked goods are the backbone of a good continental breakfast. There is something special about holiday baking. Many items can be done ahead and frozen, ready to pull out when needed. Quick breads are perfect for this. My mom would always spend a day early in November making several flavors of quick breads, such as pumpkin, banana, cranberry and zucchini, to pop in the freezer.



Muffins are another way to go as they freeze well too but you will need more freezer space than for the breads. You could also bake the muffins the night before or even in the morning as they go together quickly. Muffin mixes are a good option to save time as well.

Last year I experimented with baked donuts and they make a great morning treat. The only catch is that you will need a donut pan and will have to bake in several batches. I used a coffee cake donut recipe that had a crumble on top that made it very festive. But there are lots of other recipes with all different flavors.

One of my favorite baked goods for breakfast or brunch is scones. Whether they are flaky and crumbly like a biscuit or more moist and cakey, scones can be an easy morning item. I often add dried fruits such as cranberries or apricots to scones along with toasted nuts. You can also chop up country ham or cooked bacon and add it to the dough for a more savory version. Pumpkin is a favorite holiday flavor and the scones below combine a pumpkin dough with a maple glaze for a flavorful start to the day.

So make up some baked goods to serve as a continental breakfast this year and make it easy on yourself and your guests. For more information and recipes check out the Seasonal Eating page at bedford.tennessee.edu.

Pumpkin Maple Scones

2 cups flour
1/3 cup brown sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon kosher salt
1 teaspoon ground cinnamon

3/4 teaspoon ground ginger
3/4 teaspoon ground cloves
1/2 teaspoon ground nutmeg
8 tablespoons (1 stick) butter, cold and cut into pieces
1/2 cup solid pack pumpkin
2-3 tablespoons maple syrup, divided
3 tablespoons cream
1 large egg
2 teaspoons vanilla extract
1 cup powdered sugar

In a large bowl, whisk together the flour, sugar, baking powder, baking soda, salt, cinnamon, ginger, cloves and nutmeg. Sprinkle the pieces of butter over the flour mixture and cut in with a pastry blender or pulse in a food processor until it resembles cornmeal with a few pea sized bits of butter. In a separate bowl, whisk the pumpkin, 1 tablespoon maple syrup, cream, egg and vanilla together. Stir into the flour mixture just until dough forms. Transfer to a floured surface and knead a few times until dough comes together. Pat into a 10" x 7" rectangle. Cut in half lengthwise and then cut into 4 even pieces crosswise, making 8 rectangles. Cut each rectangle into two triangles. Transfer scones to a parchment lined baking sheet and bake for 10-15 minutes at 400 degrees or until golden brown and a toothpick comes out clean. Transfer to a wire rack and cool completely. When cool, place rack over baking sheet. In a bowl, whisk together the powdered sugar and 1 tablespoon maple syrup. Check the consistency. The glaze should slowly drizzle back into the bowl when a spoon is lifted out. If too thick, add more syrup and if too thin, add more powdered sugar. Drizzle the glaze over the scones, letting excess drip off onto pan below. Let set and serve. Store covered up to 1 day at room temperature or put into refrigerator for longer storage.