Blueberry Oat Scones
Makes 18 small scones

1 large egg
2/3 cup buttermilk
2 cups all-purpose flour
2 cups oat bran
1/3 cup granulated sugar
4 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon fine sea salt
2 teaspoons finely grated orange zest
1 cup (2 sticks) cold, unsalted butter, cut into 1/2-inch cubes
1 1/2 cups cultivated blueberries
Extra flour (for rolling)
Extra buttermilk (for brushing)
2 tablespoons natural cane sugar or granulated sugar (for sprinkling)

1. Line a baking sheet with parchment.

2. In a small bowl, whisk the egg and the buttermilk together.

3. In the bowl of an electric mixer fitted with the paddle attachment, combine the all-purpose flour, oat bran, sugar, baking powder, baking soda, salt and orange zest. With the mixer on low speed, add the butter pieces, separating them as you add them. Mix on low speed until the butter is in pea-size pieces. This takes about 2 minutes. (To mix by hand: In a large bowl, whisk the dry ingredients until blended. Use a pastry blender to cut the butter into the flour until it is in pea-size pieces.)

4. Remove the bowl from the stand and stir the blueberries. Add the egg and buttermilk mixture, and stir just until the flour is incorporated.

5. Scrape the dough onto a generously floured work surface and push it together to form a ball. Do not overwork it. Divide the dough into 3 even pieces. (Use a scale if you have one.) Roll each piece into a 9-inch long cylinder. Pat the dough cylinders to form three 9-by-3-inch rectangles that are 1-inch thick. With a rolling pin, lightly flatten the tops and use the side of the rolling pin to push the edges into neat rectangles.

6. With a large pizza cutter or sharp knife, cut each strip into 3 three-inch squares. Cut each square diagonally to form 2 triangles. You will have a total of 18. Transfer the scones to the baking sheet, setting them 1 inch apart. Freeze for 1 hour.

7. Set an oven rack in the middle position, and preheat the oven to 375°F.
8. With a pastry brush, brush the scones with buttermilk and sprinkle with sugar. Bake for 25 to 30 minutes, or until the scones are lightly browned. Cool on the pan for 10 minutes.