

Buttery scones the perfect breakfast treat



Jam Thumbprint Scones

Photo Susie Iventosch

By Susie Iventosch

Scones are just an all around special breakfast treat. They seem so fancy! We love them with a bit of a shortbread texture ... nice and crispy on the edges, but still soft in the center. What makes scones especially fun is the myriad ways you can make them – plain or with currants, with caramelized apples and icing, toasted pecans with maple glaze, or this way – with a big jam thumbprint. You can add oats, or you can leave them plain and you can use part whole wheat flour for a little nubbier version. Having a fa-

vorite scone recipe is kind of like having a blank (albeit tasty) canvas for your favorite food colors and textures.

Because we prefer a shortbread texture for our scones, our basic recipe does not call for eggs. Instead, we simply use flour, sugar, baking powder, a little salt, some kind of flavoring extract and butter.

I first saw these jam scones in a local coffee shop and bought one because it looked so tasty. Then, I decided to make an entire batch for some guests that were coming to our cabin a few weeks later. I just used my basic scone recipe, and then with a clean thumb, made a big inden-

tation and filled it with our favorite raspberry jam. You can actually use whatever jam you

like best and I think the Bonne Maman Mixed Berries Preserves would be fantastic in this recipe,

although I've yet to try it.

INGREDIENTS

2 1/2 cups all-purpose flour
6 tablespoons brown sugar
4 teaspoons baking powder
1/2 teaspoon salt
1 stick butter, (4 oz.), cold and cut into small 1/2-inch cubes
1/2 +/- cup cream or milk (more or less as needed to gather the dough into a ball)
1 teaspoon vanilla extract
1 egg white (for brushing on top of the scones before baking)
1/4 cup raw sugar or Swedish pearl sugar
1/2 cup raspberry jam (or your favorite jam)

DIRECTIONS

Preheat oven to 425 F. Prepare a large baking sheet with cooking spray or parchment paper. In a large bowl, mix flour, brown sugar, baking powder, and salt.

With a pastry cutter, or your fingertips, cut butter into flour mixture until well blended and butter is reduced to tiny pea-size pieces.

Stir vanilla extract into the cream (or milk). With a large fork or spoon, stir the cream with vanilla extract into the flour-butter mixture. Blend well. Form into a ball, and on a floured cutting board, press the ball into a flat circle with your hands. The circle should be about 8-inches in diameter for taller shorter scones and 10 inches for flatter, longer scones, and roughly 3/4 to 1-inch thick.

Using a long knife, cut the dough into 12 even triangles for large scones, and place them on the prepared baking sheet.

Using your thumb, make an indentation in the wide part of the scone that goes almost to the bottom of the scone. Brush the scones with egg white. Then fill the indentation with the jam. Finally, sprinkle the raw sugar or Swedish pearl sugar over the scone.

Bake for approximately 12-14 minutes, or until tops begin to turn golden-brown. Remove from oven and cool completely. Then drizzle icing over the top of the cooled scones.

ICING INGREDIENTS

1 cup powdered sugar, sifted
1/2 teaspoon vanilla extract
1 tablespoons milk (may not need this depending upon the berry juice)

ICING DIRECTIONS

Mix all with a whisk until smooth. Set aside until scones are cooled.

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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>



Family Focus

Frustrations and Guilt with Extended Family Relationships, Part Two

By Margie Ryerson, MFT

In the first part of this column, we looked at how guilt and societal expectations play a role in keeping some people plugged into destructive family relationships. We're conditioned to think that family means accepting any and all behavior solely because we're family. If the situation becomes intolerable, we think we must still carry on and find a way to make things work.

Each of us has a different tolerance for disrespectful behavior that is aimed at us. If, at some point, you decide you have had enough – and have tried everything you could to change the relationship dynamics – it is time to distance yourself. You don't need to create drama by confronting the person in question; you merely need to step away and not be in as much contact.

In certain cases, you may need to sever contact altogether if the relationship has become highly toxic. When trust is missing and can't be

restored, you need to stop subjecting yourself to an unhealthy relationship. A few examples of toxic behavior are:

- 1) Treating you abusively – verbally, physically and/or emotionally.
- 2) Exhibiting contempt or disdain towards you instead of kindness and love.
- 3) Disparaging you to family members and others. Trying to ingratiate themselves with others at your expense.

Among siblings, money and property issues after the death of parents seem to loom large as causes for estrangement. One client experienced the double whammy of losing his last parent and then becoming estranged from his only sibling. Jeremy was a successful accountant with a wife and three children. His younger sister, Caroline, was single and worked as a teacher. Their parents, who weren't wealthy, left Jeremy and Caroline equal shares of their assets.

Jeremy and Caroline were never close growing up. There was a five-year age difference,

and they didn't have much in common. But they both loved their parents and tried to get along for their sakes. When their parents were no longer the unifying force, Caroline began to act out. She resented that Jeremy was the executor of the estate and insisted that he give her the entire inheritance because he was already well-off and she wasn't. Jeremy offered to give her a larger portion since that seemed fair to him, but Caroline had an all-or-nothing attitude.

Jeremy struggled to figure out ways to get along with his sister. He felt a great deal of guilt that he wasn't honoring his parents if they didn't get along. He tried to have more contact and show more interest in her life. He included her in many of his family's activities in the hope that she would bond more with them.

Ultimately, Jeremy and his wife decided that Caroline was too negative and unreasonable to see very often. They never knew when the next verbal attack would be, and they felt they couldn't please her. In addition, they didn't want to continue exposing their children to her hostile attitude. Rather than taking extreme action, they decided to have a "slow down" and see Caroline only a few times a year at most.

Amy and Kurt sought therapy to discuss a solution to their relationship with Amy's adult son from her prior marriage. The son, James, was 28 and had many issues. He periodically abused alcohol, was only sporadically employed,

and had an anger problem. James refused to get help for himself even though Kurt and Amy offered to pay. They already subsidized his living expenses, including health and automobile insurance.

Not only was this couple discouraged, but they were also continually disrespected by James. He rarely expressed appreciation and more often told them that because they were well off financially, they owed it to him to help. He was emotionally aloof, and didn't share much about his life or feelings.

To make matters worse, when Kurt and Amy tried to set limits with James, he blamed Kurt for brainwashing Amy into going along with his terms. Often, a person who is emotionally unstable will attempt to split any opposition in order to gain more control. In this case, James knew that his mother was more sympathetic and he tried to marginalize Kurt as much as possible.

When Amy was finally able to realize that James was manipulative and stuck in a "victim mentality," and that she couldn't satisfy him, she decided to look at the situation differently. Amy saw that she really wasn't helping James become a mature and responsible adult when she tolerated his rude and disrespectful behavior. She decided to set firm limits in a loving way, and accept that the rest was up to James. As Amy began to expect more of James, she gradually let go of her feelings of guilt. She felt sadness and loss as she realized there was no other

choice if she wanted to end the constant drama. Amy had to be prepared to face not having a relationship with James. Sometimes it takes this type of "showdown" for the person who is uncooperative to finally realize there are limits to how much other people can be manipulated.

Amy's attitude and behavioral shifts are recent, so time will tell if they will be effective in producing change. But in the meantime, Amy has more clarity and resolve which are helping her feel happier than before.

When you feel that you have done all you can to have a positive relationship with a family member or friend, but the other person continues to exhibit a negative attitude toward you, in words or behavior, it is time to re-evaluate the relationship. Of course, this shift can be heart-wrenching. Getting support from a therapist is highly advisable if you must navigate this difficult path.



Margie Ryerson, MFT, is a local marriage and family therapist. Contact her at 925-376-9323 or margierye@yahoo.com. Her new book, "Family Focus: A Therapist's Tips for Happier Families," is available from Orinda Books and Amazon.com.

Newest Artify Orinda installation graces Big Belly trash can



Photo provided

Submitted by Maggie Boscoe

Artist Anne Fallin stands beside her painting which was recently installed on the back of a Big Belly trash and recycling cans, with more to come. To donate to the Artify project, go to artify@lamorindaarts.org. Any amount will be appreciated but a donation of \$500 will put your name as a sponsor on the plaque which will be attached to the painting.

original artworks installed on the backs and sides of Big Belly trash and recycling cans, with more to come. To donate to the Artify project, go to artify@lamorindaarts.org. Any amount will be appreciated but a donation of \$500 will put your name as a sponsor on the plaque which will be attached to the painting.

Looking Good in Lamorinda Summer style

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The cutout gives a pop of glamour and sex appeal, while staying this side of tasteful. Pair with a long skirt and this season's swimsuit is suitable to wear for an afternoon of shopping or a causal summer dinner.

Seeking vintage stuff? The Shadelands Ranch Museum Summer Market in Walnut Creek is back for a second year from 10 a.m. to 3 p.m. Sunday, July 31. The Market offers vintage and antique treasures as well as handmade items from 40 local vendors. (Full disclosure, this year I am one of those vendors selling vintage.) Also available will be items from the museum's archives, including clothing, accessories, and home decor pieces.

Among the vendors is Orinda resident Nicky Zabetian, owner of Middleton Makes. Za-

betian designs and makes one-of-a-kind hand dyed clothing, accessories, and home goods. Zabetian says on her website, "Each small batch of garments and accessories is hand-dyed with love and the intent to create soft, romantic patterns that you will celebrate and embrace."

There will be food vendors and the museum will open up for tours. Come by and say hello.

I'm always on the lookout for novels with a strong fashion thread and I recently found one by fashion writer William Norwich. "My Mrs. Brown" (Simon & Schuster) is the story of middle-aged Mrs. Brown who lives a modest life as a cleaner in a small town in Rhode Island. When she volunteers to help inventory the belongings of the town's recently deceased Grand Dame, she comes upon a black dress suit that will change her

life. The simple but exquisite suit was designed by Oscar de la Renta and once she sets her eyes on it she is captivated. After reading the novel "Mrs. Harris Goes to Paris," the story of a woman (quite like our heroine) who travels to Paris to buy herself a Dior gown, Mrs. Brown is inspired to travel to New York City and buy her own dress suit by Oscar de la Renta. Never mind that it cost thousands of dollars that she doesn't have. Where there's a will (and many good Samaritans) there's a way. Full of fashion detail, this is a charming novel with a surprise ending that's perfect for a quiet day beside the pool or on the beach.

Keep cool out there and remember to go forth in style.

Moya Stone is a fashion writer and blogger at www.overdressedforlife.com.