

Strawberry Shortcake

Makes 12 – 2” biscuits

Slightly modified by a recipe from King Arthur Flour.

Use home-grown, grass-fed and organic ingredients whenever possible.

Ingredients:

3 ½ cups (420 grams) all-purpose unbleached flour

3 TBSP sugar

1 TBSP baking powder

½ tsp baking soda

1 tsp pink Himalayan salt

1 cup kefir or buttermilk

1 large egg (60 grams)

2 tsp vanilla extract

½ cup (112 grams) cold butter (leave in refrigerator until needed)

Additional: 2 tsp cold kefir/buttermilk and 2 tsp sugar for brushing tops of the biscuits

Directions:

1. Stir together the dry ingredients. Set aside.
2. Whisk together the wet ingredients, until blended. Set aside.
3. Remove the butter from the refrigerator and grate on a coarse shredder. Quickly add to the dry ingredients and stir together with a large fork. Mixture will be evenly crumbly, which is what you want to create a flaky, tender crumb.
4. Add the liquid ingredients all at once, stirring with the large fork until blended. Continue to mix the dough until it forms a ball. Knead the dough 3-4 times, so that the flour is now evenly distributed and the sides of the bowl are clean. Form into a somewhat smooth ball and place in a covered bowl. Let sit for 10 minutes.
5. Roll on a lightly covered board or pastry mat to ½” – ¾” thick. Cut with a sharp-edged biscuit cutter, as this will help biscuits to have a better rise. Place on a baking stone and bake in preheated 425° oven for 10-12 minutes. Allow to cool, then split open and fill with a generous spoonful of strawberries, and top with freshly whipped cream. You can also serve these open-faced and serve twice as many people, but you will want to use 2 quarts of strawberries and 2 cups heavy cream.

Strawberries:

1 quart hulled berries, sliced

3 TBSP sugar

Slice the berries, mash slightly, if desired. Sprinkle with sugar and gently stir. Allow to rest 30 minutes before spooning onto the shortcake.

Whipped Cream:

1 cup heavy cream

1 TBSP powdered sugar or maple syrup

½ tsp vanilla extract

Using the Pampered Chef Whipped Cream Maker, “plunge” the mixture for about 15-30 plunges. It will thicken and whip immediately. Don’t overdo, or you will have butter! Top the berries with a generous dollop of whipped cream.

To store leftovers, remove plunger, put cap on the container and store in refrigerator for up to 1 week.