

From the Kitchen at Stonewall Resort

OLD FASHIONED STRAWBERRY SHORTCAKE

(Serves 9-16)

Ingredients:

2 ½ cups unbleached white flour
½ cup wheat flour
3 tablespoons granulated sugar
1 ½ tablespoons baking powder
¾ teaspoon sea salt
12 tablespoons cold butter
1 ½ cups heavy cream
1 ½ teaspoon vanilla



Directions

- Into a large bowl, sift and stir flour, salt, and baking powder.
- Using a pastry cutter, knife or fork, cut the cold butter into pea size pieces into the dry mixture. Make a well in the center and pour in the cream. Stir until the dough is just combined. The dough should be mixed but remain bumpy.
- Knead the dough five or six times in the bowl.
- Roll the dough out on a floured surface to about ¾ inch thick and 8 inches square.
- Transfer the dough to a cookie sheet lined with parchment paper and chill in the refrigerator for 20 minutes.

Preheat oven to 450 degrees. Remove the dough from the refrigerator. Depending on how many people you want to serve or how large you want your biscuits, cut the dough into 9 or 16 squares (I prefer the smaller biscuits). Place the squares about 2 inches apart from one another on the parchment lined cookie tray (you may need another tray), bake for 18 to 20 minutes until golden brown.

Macerated Strawberries and Whipping Cream:

2 pounds fresh strawberries
½ cup sugar
Whipping cream
Vanilla

Directions

- Thinly slice strawberries and place in a bowl with sugar. The sugar will macerate the berries by softening them and release the juice. Let the strawberries and sugar sit for 20 minutes at room temperature.
- Whip the cream by adding vanilla and a dash of sugar and shaking vigorously in a jar, whisking rapidly, or using a blender.

To serve, place a biscuit in a bowl or plate, add the macerated strawberries then top with fresh whipping cream. (I prefer a lot of strawberries in proportion to the whipping cream and biscuit.)