

Strawberry Shortcakes with Vanilla Bean Whipped Cream

Recipe: Melissa Schenker/Foodie for Two

Makes 6 shortcakes/biscuits (leftovers for breakfast the next morning)

Ingredients:

Shortcakes/Biscuits

1 ½ cups all-purpose flour
2 teaspoons baking powder
¼ teaspoon baking soda
¼ cup unsalted butter
¼ teaspoon salt
3 tablespoons sugar
1/8 tsp. orange zest
1/8 tsp. cinnamon
3/4 cup milk (1 %)

1 egg for egg wash: crack egg into small bowl or ramekin, whisk well with one teaspoon water
2 teaspoons sugar (to dust on top of shortcakes before baking)

Strawberry Glaze

10 medium strawberries
1 teaspoon sugar
1/3 cup water (or champagne or port)

Vanilla Bean Whipped Cream

3/4 cup heavy whipping cream
Half of one vanilla bean, paste scraped out
2 teaspoons sugar

Directions:

Shortcakes

Preheat the oven to 375 degrees F. In a large bowl sift together the flour, baking powder and baking soda. Cut butter into the flour with a pastry blender, your hands or with a fork until the lumps are about the size of peas. Mix in salt, sugar, orange zest and pepper. Add the milk and lightly mix until a dough forms.

Turn the dough out onto a well floured surface. Knead lightly two or three times, adding more flour as needed. Roll out the dough with a floured rolling pin to ½ inch thickness and cut out biscuits with a 3 inch round cutter. Place the biscuits on a sheet pan lined with parchment paper and let rise, covered with a clean towel, for 15 minutes.

Egg wash: add one egg to a ramekin or small bowl and whisk together with 1 teaspoon water. Brush the tops of the shortcakes with the egg wash and sprinkle each with a large pinch of sugar. Bake for 12 to 15 minutes until golden brown.

Fresh Strawberry Glaze

Remove the tops and cut the strawberries: cut five of the strawberries into slices and the other five into rounds. Add to a medium bowl along with the water (or champagne or port – reduce sugar to 1 teaspoon) and sugar. Stir well.

Vanilla Bean Whipped Cream:

Add the whipped cream, vanilla bean paste and sugar to a large glass bowl and mix with a hand-mixer on low until soft peaks form, about 1 ½ minutes. Cover and refrigerate if not using immediately. Can be made one day ahead.

Assemble:

Depending on your appetite, you can either cut one shortcake in half or use two shortcakes. Place one shortcake on the bottom of a medium plate and drizzle with a spoon full of strawberries and juice. Add a few dollops of whipped cream and a few more strawberries. Top with other shortcake half and add more whipped cream, strawberries and generous ladles of the juice. Garnish with mint.

