

Recipe

Strawberry Short - Biscuits

Ingredients

For the Strawberry Sauce:

16 oz. container fresh strawberries. (or 1 lb.)

3/4 cup granulated sugar

1 & 1/2 tsp. vanilla extract

For the Biscuits:

2 cups self-rising baking flour (White Lily brand recommended)

1 stick unsalted butter (cold)

2 Tbl. melted butter (for brushing)

3 Tbl. granulated sugar

1/2 tsp salt

1 Tbl. baking powder

1 cup + 2 Tbl. buttermilk

some extra flour for patting and cutting the biscuits

For the Whipped Cream:

1 pint. heavy (whipping) cream

1/2 tsp. vanilla extract

1/3 cup confectioners' sugar



Directions

- **To make the Strawberry Sauce:**
- Clean the strawberries by floating them in a large mixing bowl of cold water. Allow them to float and stir around with your hands to let the silt and dirt from the strawberries fall to the bottom.
- Transfer the berries to a strainer by lifting them gently from the water, as to not disturb the silt on the bottom.
- With a paring knife slice off as little of the top off as possible, removing only the green part of the strawberries.
- Laying the flat cut part of the berries side down on a cutting board, slice the berries into quarters from top to bottom.
- place the clean cut strawberries and 3/4 cups of granulated sugar and vanilla extract in a small saucepan. Then place the pan on over med-high heat.
- Bring the strawberries to a simmer, stirring occasionally.
- Once the berries have just come to a simmer and sugar has dissolved, immediately remove them from the heat. Transfer them to a mixing bowl and place in the refrigerator to cool (or, place them over an ice bath in a metal bowl to cool more quickly.)

- **To make the Biscuits:**
- Pre-heat the oven to 365 degrees and adjust the oven rack to the middle position. (If you have a convection oven use convection mode, but it is not necessary.)



- Before you start this recipe, I find it is best to create clean floured workspace to cut the biscuits. Clean a 12 inch x 12 inch counter space and dust it lightly with flour. Also have your baking sheet out and a 2.5 inch biscuit cutter out and ready. (or a straight edged juice glass will work for cutting the biscuits.)
- Place 2 cups self-rising flour in a large mixing bowl.
- Add the salt, baking powder and 2 Tbl. granulated sugar and mix with a wire whisk until well blended. (Reserve 1 Tbl. of the sugar for dusting the biscuits prior to baking.)
- With a pastry cutter or your hands “cut” the cold butter into the mixture by pressing it into the flour and mixing it between your fingers or the pastry cutter blades until it has formed into clumpy pea-size bits. The pieces do not need to be perfect in size or conformity. Do not over mix.
- The dough should be crumbly and falling apart in a meal-like fashion.
- Next create a small well in the center of the mixture with your hands and pour 1 cup of buttermilk into the well.
- Quickly but gently mix the buttermilk into the flour and butter mixture with your hands until it just comes together. It will be a little loose and slightly heavy in your hands, and very wet and sticky. If the dough feels dry add a little more buttermilk. (up to 2 Tbl.)
- Gently pat it into a ball and transfer it to the floured work surface.
- Try to remove as much of the dough from your hands and add it to the dough, then thoroughly clean your hands with soap and hot water to remove excess.
- Toss a little more flour over the top of the ball and gently pat it down to about 1 & 1/2 inches in height and round. It is okay if the edges of the dough have large cracks.



- Flour the biscuit cutter or edge of the glass. Press the cutter or glass into the dough straight down in a quick motion, and place each biscuit onto an un-greased baking sheet about 1 inch apart.
- Reform the scrap left over pieces of dough and pat out again to 1 & 1/2 inches and cut more biscuits with a floured cutter or juice glass. Repeat this until there is not enough remaining dough to make another biscuit. (approximately 6-8 biscuits.)
- Brush tops lightly with melted butter and then give them a light dusting with the remaining Tablespoon of granulated sugar.
- Place the tray on the middle rack of the pre-heated oven and bake at 365 degrees for 12-15 minutes or until starting to turn golden brown. Turn the tray once halfway through the baking time to help them bake evenly. (If using a convection oven you may need to reduce the cooking slightly.)
- Transfer the biscuits with a spatula to a cooling rack.
- The biscuits will still have a soft center at first and will finish upon cooling.
- **To make the Whipped Cream:**
- Add the 1 pint heavy cream to the bowl of a stand mixer fitted with a wire whip (or a large mixing bowl and hand mixer will suffice.)
- Next add the vanilla extract and the confectioners' sugar.
- Start mixing on low speed then as it thickens, adjust the speed to medium and then eventually high speed.
- Whip the cream until soft peaks form and the cream sticks to the whip or beaters. (about 3 & 1/2 - 4 minutes)



- **To serve the Strawberry Short - Biscuits:**
- After the biscuits and sauce have cooled, cut the biscuits in half.
- Place some strawberry sauce on the bottom half (about 1/4 cup), then layer with a big dollop of whipped cream and more strawberries, then place the top half of the biscuit on top.
- Dust with confectioners' sugar. (optional)
- You can serve all of the biscuits on one serving tray or individually on dessert plates for each guest.

Chef's Notes

This is a different take on strawberry shortcake with the buttermilk sweet biscuit used in place of a sponge cake. It is what my mom made for me growing up, and it is what her mom made for her... and so on. It is a delightful way to use leftover biscuits as well, which I'm sure is how this dish originated, but they're so special they're worth making on their own. A perfect way to feature the berries that let you know summer is just around the corner. (Try this recipe with blackberries, blueberries or raspberries later in the summer.)

