



Shortcakes

2 cups self-rising flour
 2½ Tbsp sugar
 1/8 tsp salt
 1/2 cup (1 stick) cold,
 unsalted butter, cut into
 small pieces
 3/4 cup milk
 2 Tbsp heavy (whipping)
 cream

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soft dough
 is formed.
 Do not over-
 work.

4. Drop the
 dough in 6

1. Preheat the oven to 400° F. Grease a large baking sheet.

2. Combine the flour, sugar and salt in a bowl.

3. Add the butter. Using a pastry blender or your fingers, rub it into the dry ingredients until mixture resembles a coarse meal. Stir in the milk until a very

equal portions onto the prepared baking sheet. Lightly pat the dough into rounds—3 to 3½ inches in diameter—and lightly brush the tops with the cream.

5. Bake shortcakes in the center of the oven for 15 to 20 minutes or until golden brown. Cool on a wire rack.

For the strawberries:
 4 pints strawberries,
 lightly rinsed, hulled
 and halved
 1 Tbsp fresh lemon
 juice
 1 Tbsp sugar

2 cups heavy cream
 1 Tbsp sugar
 6 shortcakes (see recipe)
 6 whole strawberries,
 for garnish

Strawberry Shortcakes

Lemon juice and sugar bring out the natural juices in the berries.

1. Place strawberries in a bowl. Sprinkle with lemon juice and sugar, then gently toss with a rubber spatula. Let rest for 1½ to 2 hours for juices to develop.

2. Just before serving, whip cream with 1 Tbsp sugar until it holds soft peaks.

3. To serve, slice off the top third of each shortcake. Place the bottoms on 6 dessert plates and top with 1/3 cup

of the prepared berries and juice, plus a spoonful of whipped cream. Cover with the top. Spoon over more berries and juice, then dollop with whipped cream. Garnish each with a whole berry and drizzle with any remaining juice.

Serves 6. Per serving: 730 calories, 70g carbs, 9g protein, 47g fat, 160mg cholesterol.