



## *The Edible Garden*

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### **Strawberry Biscuit Shortcakes**

Recipe By: Dede Wilson, author of *Unforgettable Desserts*

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*Makes 6 portions*

#### **Ingredients**

##### For the biscuit shortcakes

1 ¼ cups all-purpose flour  
1 cup sifted cake flour  
2 tablespoons sugar  
1 tablespoon baking powder  
½ teaspoon salt  
6 tablespoons (¾ stick) chilled unsalted butter  
1 cup whole milk

##### For the filling

1 ½ pounds ripe strawberries, preferably small to medium in size, divided  
¼ cup plus 1 ½ teaspoons sugar, divided  
1 ½ teaspoons freshly squeezed lemon juice

##### For the topping

2 cups chilled heavy cream  
2 tablespoons plus 2 teaspoons sugar

#### **Instructions**

- For the Shortcakes: Position rack in middle of oven. Preheat oven to 425°F. Line a jellyroll pan with parchment paper; set aside.
- Place flours, sugar, baking powder, and salt in bowl of standing mixer. Mix briefly on low speed using flat paddle to combine. Grate the chilled butter on the large holes of a box grater directly into the bowl. Mix on low-medium speed until butter is distributed evenly, but there will still be pockets of butter, which is desirable. Slowly add milk, with mixer running on low-medium speed, and mix until dough comes together in large clumps and there is no dry mixture left on bottom of bowl. Do not over mix. Turn dough out onto lightly floured surface. Knead very gently just until dough comes together. Pat it gently into a flat rectangle about ¾ to 1-inch thick. Use a bench scraper to fold one half of the dough over the other; pat down again. Fold and pat down again to a ¾ to 1-inch thickness. Use a 2 1/2-inch sharp round biscuit cutter to cut out 6

- biscuits. You might get 4 to 5 biscuits initially and then have to gently re-form dough to cut out last biscuit or two. Arrange biscuits on prepared pan evenly spaced apart.
- Bake for about 12 to 15 minutes or until tops and bottoms are very lightly colored and a toothpick inserted into center comes out clean. Cool pan on rack about 10 minutes, then transfer biscuits directly to rack to cool completely. Store at room temperature up to 8 hours loosely wrapped in foil.
  - For the Filling: Hull strawberries. Roughly chop half of them and combine with 3 tablespoons sugar in a saucepan. Stir well to combine and cook over medium heat about 5 minutes, stirring frequently, until fruit is bubbling and juicy. The juices should darken and concentrate. Cool completely. Halve or quarter the remaining berries (depending on size, you might even have to slice them; you want them to get bite-sized). Toss with remaining sugar and lemon juice in mixing bowl and allow to sit for 15 minutes for juices to exude and sugar to dissolve; stir occasionally. Fold two berry mixtures together. Refrigerate up to 3 hours in airtight container.
  - For the Assembly: Right before serving, combine cream and sugar in bowl of standing mixer. Beat with balloon whip on medium-high speed just until it is visibly thickening. Stop machine. At this point I like to finish off the cream by hand. You can use a balloon whisk or do what I do – remove the balloon whip from the machine, hold it manually and use it to whip the cream. Only whip the cream just until very soft peaks form.
  - For each serving, split a biscuit in half horizontally and place bottom half, cut side up, in a small bowl. Spoon over a good quantity of strawberries and juice, top with generous dollop of cream and crown with top of biscuit. Allow to sit for about 5 minutes for juices to penetrate biscuit.

**Tip:** I like to split the biscuits with a fork, rather than a knife. This creates more texture within the cut surfaces to catch juices.