

Strawberry Shortcakes

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| 1 quart strawberries, sliced | 1/2 cup butter, cut into small cubes |
| 1/2 cup plus 1 tablespoon and 2 teaspoons sugar | 3/4 cup milk |
| 2 cups flour | 1 cup whipping cream |
| 1 tablespoon baking powder | 1 teaspoon vanilla |
| 1/2 teaspoon salt | |

- Preheat oven to 450.
 - Sprinkle sliced strawberries with 1/2 cup of sugar, set aside.
 - Sift together flour, baking powder, 1 tablespoon sugar and salt in large bowl.
 - Add cubed butter to dry ingredients.
 - Using your hands or a pastry blender mix butter with dry ingredients until it resembles rice.
 - Add milk, mix to blend.
 - Knead dough briefly on lightly floured surface. Roll dough to 1/2 inch thickness. Use a 3-3 1/2 inch round biscuit cutter to shape shortcakes. (A jar lid will work also)
 - Place on ungreased cookie sheet. Bake 15-18 minutes until golden brown.
 - Whip chilled cream, 2 tablespoons sugar and vanilla until stiff peaks form.
- To serve: Split each shortcake crosswise and mound with strawberries, top with other half of shortcake, mound with more strawberries and top with whipped cream.

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Fun Facts:

- Strawberries are grown in every county of Michigan.
- Kids love strawberries! Over 53% of seven to nine year olds say strawberries are their favorite fruit.
- Strawberries are unique as they have seeds on the outside of the fruit.
- Strawberry leaves can be used as a substitute for tea.

Nutritional Information:

- Strawberries are high in Vitamin C and folic acid. Just eight berries will give the full Recommended Daily Requirement for each.
- They are also a good source of iron, calcium and fiber.
- There are about 60 calories in one cup of strawberries.

Selecting and Storing:

- Select berries that are fresh and fully red.
- To freeze berries: use only firm, ripe berries. Wash gently in cold water, drain and remove the stems. Slice berries and place in a shallow pan. Sprinkle with sugar (1/2 to 3/4 cup per quart of berries) Stir gently. Place in containers or plastic bags, leaving headspace.
- You can also freeze berries without sugar by laying them flat on a cookie sheet and freezing until hard. Store frozen berries in plastic containers or bags.

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