Fresh Berry Shortcakes

Jennifer Mastnick-Cook - Hartville, OH
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Servings: 10
Preparation Time: 35 minutes

Bake Time: 20 minutes

5 cups fresh strawberries, sliced
1/2 cup sugar
1/4 cup orange juice
SHORTCAKES
3 cups all-purpose flour
1/2 cup sugar
1 tablespoon baking powder
1 tablespoon orange peel, grated
1/2 teaspoon salt
1/2 cup cold butter, cubed
1 1/2 cups plus 1 tablespoon heavy whipping cream, divided
1 egg
1 egg yolk
1 teaspoon vanilla extract
coarse sugar (optional)
WHIPPED CREAM
2 cups heavy whipping cream
1/4 cup confectioners' sugar
1/2 teaspoon vanilla extract

Preheat the oven to 400 degrees.

In a small bowl, combine the strawberries, sugar and orange juice. Set aside.

For the shortcakes, combine the flour, 1/2 cup sugar, baking powder, orange peel and salt. Cut in the butter until the mixture resembles coarse crumbs.

Whisk 1 1/2 cups of heavy whipping cream, egg, egg yolk and vanilla. Add to the flour mixture, stirring just until moistened. Turn onto a lightly floured surface; gently knead 8 to 10 times.

Roll out to 1-inch thickness. Cut with a floured 3-inch scalloped or round biscuit cutter. Place two inches apart on a parchment paper-lined baking sheet. Brush the tops with one tablespoon of heavy cream. Sprinkle with coarse sugar if desired.

Bake for 15 to 18 minutes or until golden brown. Cool on a wire rack for 5 minutes.

For the whipped cream, beat the cream in a large bowl until it begins to thicken. Add the confectioners' sugar and vanilla. Beat until soft peaks form.

Just before serving, cut the shortcakes in half horizontally. Place the bottoms on dessert plates. Top with the strawberry mixture. Replace the tops. Dollop with whipped cream.

Per Serving (excluding unknown items): 624 Calories; 42g Fat (59.2% calories from fat); 7g Protein; 57g Carbohydrate; 3g Dietary Fiber; 181mg Cholesterol; 387mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 8 Fat; 1 1/2 Other Carbohydrates.