

Dessert

Strawberry-Cornmeal Shortcakes

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Preparation Time: 30 minutes

Bake Time: 15 minutes

1 3/4 cups all-purpose flour
1/2 cup cornmeal
2 teaspoons baking powder
1/2 teaspoon salt
10 tablespoons butter, cut into small pieces
1 cup whipping cream
2 tablespoons butter, melted
1 pound small strawberries, hulled, halve any large berries
1/4 cup orange marmalade
2 tablespoons crystallized ginger, finely chopped
1 cup whipping cream
2 tablespoons sugar
1 teaspoon orange peel, finely shredded

Preheat oven to 425 degrees.

Line a baking sheet with parchment paper or foil (or lightly grease a baking sheet). Set aside.

In a large bowl, combine the flour, cornmeal, baking powder and salt.

Using a pastry blender, cut in the butter until the mixture resembles coarse crumbs.

Add 3/4 cup of the whipping cream, stir with a fork until just moistened. If necessary, stir in additional cream, one tablespoon at a time, to evenly moisten the flour mixture.

Turn the dough out onto a lightly floured surface. Knead the dough by folding and gently pressing it for 4 to 6 strokes or just until the dough holds together. Pat or lightly roll the dough to 1/2-inch thickness. Cut the dough with a floured 3-inch round biscuit cutter to cut out eight shortcakes (dip the cutter in flour between cuts to prevent sticking).

Place the shortcakes on the prepared baking sheet. Brush the tops with some of the melted butter.

Bake for 15 to 18 minutes or until golden. Remove the shortcakes from the oven. Brush with any remaining melted butter. Cool completely on a wire rack.

In a medium bowl, combine the strawberries, marmalade and ginger. Cover and let stand at room temperature for 30 to 60 minutes.

In a large chilled mixing bowl, beat the remaining whipping cream, sugar and orange peel with an electric mixer on medium until soft peaks form.

To serve, split the cooled shortcakes in half.

Spoon strawberry mixture onto the bottom halves.

Top with whipped cream and the biscuit tops.

Yield: 8 shortcakes

Per Serving (excluding unknown items): 4282 Calories; 317g Fat (65.7% calories from fat); 40g Protein; 333g Carbohydrate; 15g Dietary Fiber; 1025mg Cholesterol; 3689mg Sodium. Exchanges: 14 1/2 Grain(Starch); 0 Fruit; 1 1/2 Non-Fat Milk; 63 Fat; 6 1/2 Other Carbohydrates.