

# How to Make Biscuits and Shortcakes



**Savory to Sweet and Scrumptious Shortcakes**

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## How to Make Great Biscuits

When I was growing up in a big country farmhouse, we had biscuits for breakfast—hot, steaming biscuits that we would slap on the plate next to bacon and eggs. We would split them open and slip in a pat of butter, putting the “lid” back so that the butter would quickly melt. Then we would slather them with homemade jam or honey. It was the biscuits that seemed to make breakfast special. Actually, it was a loving mother that took the time to bake for breakfast, enough for four hungry teenage boys and a caboose of a daughter.

Later, when I lived in the South, I discovered what Southerners know: biscuits are more than a breakfast food. Hot, steaming biscuits work well with lunch and dinner as well. They accompany soups and traditional meat and vegetable meals equally well.

But there are keys to making those great biscuits that your mom, or aunt, or grandmother used to make. We would like to share those with you.

**Key #1:** Use the right flour. Use either a soft, low protein flour meant for biscuits—White Lily—or an all-purpose flour. Do not use bread flour. (See the next section for more about flour and other ingredients.) .

**Key #2:** Keep your ingredients cold. Temperature is critical to buttery, flakey scones. Start with very cold butter—it should chip when you cut it into chunks—or cold shortening and your liquids should be ice cold. Work with the dough quickly to keep it cool.

Why do your ingredients need to be cold? The objective is to keep the butter a solid and not let it melt into a liquid. If your dough is kept cold, it will have little bits of dispersed butter. In the heat of the oven, that butter melts into the dough but leaves pockets and layers in the biscuits.

**Key #3:** Don't work your dough too much. Kneading converts the protein to gluten. Mix only until the ingredients come together into a combined mass.

**Key #4:** Use a folding technique. For flakey, layered biscuits, use a folding technique. Roll the dough out to about 3/8-inch thick. Fold the dough in half and in half again and again. Roll the dough out to about 3/4-inch thick before cutting the biscuits.

**Key #7:** Don't over-bake your biscuits. Over-baking for even a minute or two will dry your biscuits out. As soon as the edges begin to turn brown, remove them from the oven. Immediately, place the biscuits on a wire rack—the hot pan will continue to dry the biscuits.

## More Tips

1. How packed your flour is in your measure will affect the amount of liquid needed. If you spoon light flour into the measure, it should be about right for the liquid noted in the ingredients.
2. A moister dough will rise easier. Don't use any more flour than what you need to handle the dough. It's okay to dust your hands and the counter with flour before rolling or patting the dough.
3. Make the biscuits of uniform size and shape so that they will bake uniformly.
4. For tall biscuits, don't roll or pat your dough thinner than 1/2-inch. Your biscuits should rise to twice their height before baking.
5. Place your biscuits close together on the pan, touching each other. That way they will tend to rise rather than spread.
6. Make certain that your oven is hot and bake your biscuits at 425 degrees or above. The hot oven gives the dough a burst of steam that helps make the biscuits light and airy.
7. Biscuits are best eaten immediately but they can be frozen for up to three months. Reheat them at 300 degrees for 10 to 15 minutes.

## What Ingredients Should I Use?

The three primary ingredients for biscuits are flour, leavening, and fat. To this you'll want to add some salt, probably a bit of sugar, and some liquid. Understanding these ingredients will help you make great biscuits.

### Flour

White Lily ® brand self-rising flour is the classic flour for Southern baked biscuits. It's a soft white flour with the salt and baking powder already added. In our area, White Lily is not available and we make fine biscuits with all-purpose flour. Of course, you'll have to add salt and baking powder if the recipe doesn't call for it. (And don't add salt and baking powder if you are using self-rising flour.) If you want a little softer flour, mix one-fourth cake or pastry flour into your all-purpose flour.

“Soft” refers to the protein amount in the flour with “soft” being a lower protein content than bread or most all-purpose flours. The protein forms gluten--what gives bread its chewiness—when hydrated and mechanically worked. The less gluten there is, the more tender and crumbly the product.

We think that the protein content in all-purpose works just fine. We don't overwork the dough to develop the gluten and a little gluten seems to give the biscuits a bit of structure as they rise.

Bleached flour will make a whiter biscuit. We prefer to use unbleached flour in most of our baking, including biscuits.

### Leavening

The traditional leavening is baking powder. Baking powder contains both an alkaline and an acid to create a chemical reaction and carbon dioxide bubbles. Baking soda, an alkaline, and buttermilk, an acid, will also work. Because the baking soda neutralizes the acid in the buttermilk, it removes most of the “tang” that we taste in buttermilk. If you want the tang of buttermilk in your biscuits use baking powder and buttermilk.

### Fat

Shortening is the classic fat in Southern biscuits. We prefer butter. We like to avoid the hydrogenated fat in shortening whenever we can and we love the taste of sweet butter in our biscuits.

Butter has a lower melting point than does shortening, low enough that it will melt at body temperature. Maybe it's our imagination but with butter, biscuits tend to be more melt-in-your-mouth.

Try our butter-based biscuit recipes and see if you don't fall in love with these buttery biscuits.

## Sweet and Savory Biscuits

One of the joys of baking is the opportunity to experiment, to create your own sensations, to find what you like and what pleases your family.

When you think of biscuits, you probably think of classic buttermilk biscuits, maybe tall and hot and slathered with butter and honey. But there is much more to biscuits. You can experiment with biscuits, make them sweet or savory, add fruit



or nuts, or even a sweet glaze. Whatever you can do to a scone, you can usually do to a biscuit. In fact, you can convert most scone recipes to biscuits.

One of the attractions of biscuits is how quickly they can be made. Biscuits are most often rolled out and cut into rounds or squares. They can also be made as drop biscuits. Drop biscuits, biscuits made with a soft batter and spooned onto the baking sheet, save the steps of rolling and cutting. Drop biscuits are “fast food” from scratch.

In this guide you’ll find recipes for both drop and cut biscuits. By adding or reducing the liquid, you can always convert one to another. So *Easiest Buttermilk Biscuits*, a drop biscuit recipe, can be converted to cut biscuits by adding a little more flour.

Use these recipes as templates for your own creations. Use your favorite fresh or dried fruits, spices, and flavors. Drizzle the biscuits with a little glaze flavored with extract, cream cheese, or syrup. You’ll transform everyday biscuits into something fit for guests at the next brunch.

## Easiest Buttermilk Biscuits

These are drop biscuits. You can convert them to cut biscuits by adding enough flour to make a malleable dough.



### Ingredients

2 cups all purpose flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 tablespoon sugar  
1/2 teaspoons salt  
1/4 pound (one stick) cold butter  
1 cup plus one tablespoon buttermilk

### Directions

Preheat the oven to 425 degrees. Oil a baking sheet.

1. Measure the flour by scooping some into a bowl and then spooning the flour into the measuring cup. (If you measure packed flour, you will have too much.)
2. Add the baking powder, baking soda, sugar, and salt and stir these ingredients into the flour. Slice the cold butter into the flour mixture. Use a pastry knife or two kitchen knives to cut the butter into the flour mixture. Work the butter into the flour mixture until you have a coarse, grainy mixture.
3. Make a well in the middle of the flour and pour the buttermilk into the flour mixture. Stir until just moistened. The dough should be of a consistency like drop cookie dough or just a bit stiffer. If it is not moist enough, add another tablespoon of buttermilk.
4. Spoon the dough into twelve rounded mounds on the baking sheet leaving room for expansion.
5. Bake for 12 to 14 minutes or until the biscuits just begin to brown. Remove the biscuits from the baking sheet and place them on a wire rack to cool.

## Cranberry Nut Biscuits

We took our basic buttermilk biscuit recipe for drop biscuits and added cranberries, nuts, spices, orange zest, and a little more sugar. It is not overly sweet, more like bread with fruit and nuts. If you want a sweet bread, increase the sugar to 1/4 cup.

These are drop biscuits. You can convert them to cut biscuits by adding enough flour to make a malleable dough.



### Ingredients

2 cups all purpose flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
2 tablespoon sugar  
1/2 teaspoons salt  
1/4 pound (one stick) cold butter  
3/4 cup dried cranberries, chopped  
1/2 cup walnut pieces  
1 tablespoon orange zest  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1 1/2 cups buttermilk or enough to make a soft batter

### Directions

Preheat the oven to 425 degrees. Oil a baking sheet.

1. Measure the flour by scooping some into a bowl and then spooning the flour into the measuring cup. (If you measure packed flour, you will have too much.)
2. Add the baking powder, baking soda, sugar, and salt and stir these ingredients into the flour. Slice the cold butter into the flour mixture. Use a pastry knife or two kitchen knives to cut the butter into the flour mixture. Work the butter into the flour mixture until you have a coarse, grainy mixture. (See picture.) Stir in the cranberries, walnuts, zest, and spices.
3. Make a well in the middle of the flour and pour the buttermilk into the flour mixture. Stir until just moistened. The dough should be of a consistency like drop cookie dough or just a bit stiffer. If it is not moist enough, add another tablespoon of buttermilk.

4. Spoon the dough into twelve rounded mounds on the baking sheet leaving room for expansion.
5. Bake for 12 to 14 minutes or until the biscuits just begin to brown. Remove the biscuits from the baking sheet and place them on a wire rack to cool.

## Cheddar Cheese Biscuits

These are drop biscuits. You can convert them to cut biscuits by adding enough flour to make a malleable dough.

These are great biscuits to go with a bowl of soup on a cold winter day and we think better than the cheesy biscuits served in the national restaurants.

We took the standard buttermilk biscuit recipes and added sharp cheddar cheese and reduced the butter by half since the cheese provides fat to the recipe.



It's hard to get enough cheese in a bread to make it really cheesy without a little help. We accented the cheese with a touch of white pepper, garlic, and mustard. The combination didn't overwhelm the cheese and yet was piquant enough to not be bland.

### Ingredients

2 cups all purpose flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1 tablespoon sugar  
1/2 teaspoons salt  
1/4 teaspoon white pepper  
1/4 teaspoon garlic powder  
1/2 teaspoon ground dry mustard  
4 tablespoons cold butter  
1 1/2 cups grated sharp cheddar cheese lightly pressed into the measure  
1/2 red bell pepper, diced and sautéed or steamed in the microwave until it is almost tender  
1 3/4 cups buttermilk or enough to make a soft batter

### Directions

Preheat the oven to 425 degrees. Oil a baking sheet.

1. Measure the flour by scooping some into a bowl and then spooning the flour into the measuring cup. (If you measure packed flour, you will have too much.)

2. Add the baking powder, baking soda, sugar, salt, pepper, garlic, and mustard and stir these ingredients into the flour. Slice the cold butter into the flour mixture. Use a pastry knife or two kitchen knives to cut the butter into the flour mixture. Work the butter into the flour mixture until you have a coarse, grainy mixture. (See picture.) Add the cheese and bell pepper.
3. Make a well in the middle of the flour and pour the buttermilk into the flour mixture. Stir until just moistened. The dough should be of a consistency like drop cookie dough or just a bit stiffer. If it is not moist enough, add another tablespoon of buttermilk.
4. Spoon the dough into twelve rounded mounds on the baking sheet leaving room for expansion.
5. Bake for 12 to 14 minutes or until the biscuits just begin to brown. Remove the biscuits from the baking sheet and place them on a wire rack to cool.

## Southern Pecan Biscuits

This is a classic butter-based biscuit recipe with nuts added and made just a little sweeter than most. It works marvelously well with a soup and for breakfast served with your favorite jam. Don't worry about leftovers; they'll disappear before the day is done.



**Yield:** Makes 12 biscuits

### Ingredients:

3 1/2 cups all-purpose flour  
1/3 cup sugar  
1 tablespoon baking powder  
3/4 teaspoon baking soda  
1/4 teaspoon salt

8 tablespoons cold butter cut in pieces  
1 1/3 cups buttermilk  
2/3 cup chopped pecans (or walnuts)  
1/2 teaspoon cinnamon (optional)

Preheat the oven to 425 degrees.

1. In a large bowl, combine the flour, sugar, baking powder, baking soda, and salt.
2. Using a pastry blender or 2 knives, cut in the butter until the mixture forms coarse pieces.
3. Add buttermilk, nuts, and optional cinnamon and stir the mixture with a fork until most of the dry ingredients have been moistened. Turn the ingredients onto the counter and knead and fold until the dough is formed. Do not knead longer than necessary.
4. Roll or pat the dough to about 3/4-inch thickness and cut with a biscuit cutter. Place the biscuits on a greased baking sheet with the edges touching.
5. Bake for about 14 minutes or until the tops are just golden brown and biscuits sound hollow when gently tapped. Serve warm.

## Country White Biscuits

This is our recipe for pure white biscuits. Instead of shortening, we use sour cream which adds a nice tang to the biscuit and moistness. Without butter or shortening, we thought this biscuit may not be tall and flaky but it is.

You'll find these to be nice, classic biscuits.



### Country White Biscuit Recipe

#### Ingredients

3 cups all-purpose flour  
1 tablespoon baking powder  
1/2 teaspoon salt  
3 tablespoons sugar  
1/3 cup cold sour cream  
1 1/3 cup heavy cream

#### Directions

Preheat the oven to 425 degrees.

1. In a large bowl, combine the flour, sugar, baking powder, and salt.
2. Using a pastry blender or 2 knives, cut in the sour cream until the mixture forms coarse pieces.
3. Add the sour cream and stir the mixture with a fork until most of the dry ingredients have been moistened. Turn the ingredients onto the counter and knead and fold until the dough is formed. Do not knead longer than necessary.
4. Roll or pat the dough to about 3/4-inch thickness and cut with a biscuit cutter. Place the biscuits on a greased baking sheet with the edges touching.
5. Bake for about 14 minutes or until the tops are just golden brown and biscuits sound hollow when gently tapped. Serve warm.

## Country Wheat Biscuits

This recipe is similar to our Country White Biscuits but butter-based instead of sour-cream based. And of course, it calls for some stone ground whole wheat flour. The butter and whole wheat flour combine for a very nice, nutty-flavored biscuit.



Though this recipe calls for 1/3 whole wheat, it can also be made with 1/2 or 2/3 whole wheat.

### Country Wheat Biscuit Recipe

#### Ingredients

2 cups all-purpose flour  
1 cup stone ground flour  
1 tablespoon baking powder  
1/2 teaspoon salt  
3 tablespoons sugar  
1/2 cup cold butter  
1 1/4 cup buttermilk

#### Directions

Preheat the oven to 425 degrees.

1. In a large bowl, combine the flours, sugar, baking powder, and salt.
2. Using a pastry blender or 2 knives, cut in the butter until the mixture forms coarse pieces.
3. Add the buttermilk and stir the mixture with a fork until most of the dry ingredients have been moistened. Turn the ingredients onto the counter and knead and fold until the dough is formed. Do not knead longer than necessary.
4. Roll or pat the dough to about 3/4-inch thickness and cut with a biscuit cutter. Place the biscuits on a greased baking sheet with the edges touching.
5. Bake for about 14 minutes or until the tops are just golden brown and biscuits sound hollow when gently tapped. Serve warm.

## Cranberry Orange Scone Recipe

This is a scone recipe and one of our favorites. Because it is made exactly as a biscuit—just richer and fancier—we included it in our guide for biscuits.

Dried cranberries are so flavorful—we wanted to load this scone recipe with orange to balance the abundance of cranberries. So we used the zest from two oranges, orange-flavored yogurt, and the juice to make an orange glaze. These are not boring scones.



You can use any quality dried cranberries in this recipe. We recommend that you try our super, cold-processed cranberries. Instead of being processed with a hot corn syrup bath, these are cold-processed and not partially juiced so that more of the pectin and juice remains with the berry for a brighter flavor and color. Learn more about these cold-processed cranberries [here](#).

### Ingredients

2 cups all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/2 teaspoon cinnamon  
1/4 cup very cold butter  
3/4 cup dried cranberries  
zest from two oranges (reserve 1/2 teaspoon for the orange glaze)  
1 large egg yolk  
3 tablespoons brown sugar  
1 teaspoon vanilla extract  
1 six-ounce tub of orange-flavored yogurt

### For the glaze:

1 cup powdered sugar  
1-2 tablespoons orange juice  
1/2 teaspoon orange zest  
1/2 teaspoon vanilla extract

### Directions:

Preheat the oven to 425 degrees.

1. In a large bowl, stir together the flour, baking powder, baking soda, salt and cinnamon. Use a pastry knife to cut the butter into the dry ingredients until the mixture is coarse and uniform. Stir in the cranberries and zest.

***Baker's note:*** Use very cold butter. The secret to flaky scones is to keep the butter a solid. If the dough gets warm enough to melt the butter before baking, you will have a very different consistency. The little pieces of butter create steamy pockets in the scones in the hot oven.

2. In a small bowl, mix the egg yolk, brown sugar, vanilla, and yogurt together. Form a well in the dry ingredients and pour in the liquid mixture. Stir to combine then remove to a floured counter and knead until almost uniform.

***Baker's note:*** Do not over-knead. Too much kneading will develop the gluten in the flour and make the scone tough.

3. Pat the dough into a 3/4-inch thick circle. Cut into wedges or circles. Place the scones on a lightly-greased baking sheet.

***Baker's note:*** Use a cookie cutter or a glass with the edges dipped in flour to cut shapes. Do not pat the edges down but leave the cuts as sharp as possible to allow the scones to rise in layers.

*Work the cut dough pieces as little as possible. The more you handle the dough, the more the gluten will be developed and the more likely the butter will melt. Either will cause tougher scones.*

4. Bake for 10 to 14 minutes or until the tops are lightly browned. Remove to a rack to cool. Serve warm.

***To make the glaze,*** stir in the orange juice to get a drizzling consistency. Add the zest and vanilla.

## All about Shortcakes

Strawberry shortcake may be a 200 year-old American invention. With the advent of chemical leavenings in the early 1800's, biscuits became popular. Since strawberries have always been readily available, it is likely that biscuits and strawberries have been together for quite some time. Before the middle of that century, strawberry shortcake recipes were showing up in the recipe books.



Today strawberry shortcakes are made from every recipe from biscuits to white cake and even angel food cakes but the original recipes always called for biscuits. Usually these biscuits are made richer with dairy products and sugar. This is an original biscuit-like shortcake. It is rich and tender and flaky and very, very good.

What follows are a strawberry shortcake recipe, a blueberry cream cheese shortcake recipe, and a chocolate caramel raspberry shortcake recipe.

### What the Difference between Biscuits and Shortcakes?

It seems that if you put fruit and whipped cream on a biscuit, you have shortcake. In other words, they are interchangeable. But often, recipes for shortcakes are sweeter and maybe richer. Biscuit recipes often call for one to three tablespoons of sugar in a three cup recipe while shortcake recipes will call for as much as 1/3 cup sugar.

To make biscuits richer, some shortcake recipes (and some biscuit recipes) call for cream as a liquid instead of milk or buttermilk. And some recipes—both biscuit and shortcake--call for cooked egg yolks, an innovation of James Beard. In this guide, you'll find a recipe for *Egg-Rich Shortcake* that

### Three Ways to Make Shortcakes

- 1. Make them as drop biscuits.** The dough must be moist enough to drop from a spoon and pat into a flat disc. Add more milk as needed to get the desired consistency.
- 2. Make them as cut-out biscuits.** The dough must be slightly firm to cut into shapes on the counter. Sprinkle a little flour on the counter or add flour to the dough if needed. Don't add so much flour that the dough is firm like sugar cookie dough. Pat the soft dough out on the counter and cut into three-inch discs. If the dough is wet and the shape is a little ragged, it's perfect.
- 3. Make one large shortcake.** Spread the dough into an eight-inch cake pan or nine-inch pie pan. Bake for 15 to 20 minutes until golden on top and a toothpick inserted in the center comes out clean.

calls for cooked egg yolks.

## Chocolate Caramel Raspberry Shortcake Recipe

### Ingredients

1 3/4 cups all-purpose flour  
1/4 cup cocoa  
1/3 cup sugar  
1 tablespoon baking powder  
1/4 teaspoon salt  
1/3 cup cold butter cut into chunks  
1 large egg  
3/4 cup cream

1 tablespoon melted butter for brushing  
2 tablespoons large crystal sugar such as turbinado sugar

1 1/2 pints ripe raspberries

1 cup heavy cream  
1 teaspoon vanilla  
2-4 tablespoons sugar

Chocolate syrup  
Caramel syrup



### Directions

*For the shortcake:*

Preheat the oven to 375 degrees.

1. Combine the flour, cocoa, sugar, baking powder, and salt in a medium bowl.
2. Cut the butter into the dry ingredients with a pastry blender.
3. Whisk the egg into the cream. Make a well in the center of the dry ingredients and pour the cream mixture into the well. Mix with a fork until the ingredients just stick together. Drop dough on a greased cookie sheet and then pat with the back of a spoon to make about 3/4-inch thick. To make cut-out biscuits, pat the dough into a sheet on a floured countertop and cut into three-inch shapes with either a knife or a cookie cutter.

4. Brush the tops with the melted butter. Sprinkle the tops with sugar. Bake for about fifteen minutes or until done. Remove to a wire rack. Serve while still fresh and warm.

Note: For the best results, always serve shortcake fresh. The dough can sit in the refrigerator for up to two hours while waiting to bake.

*For the raspberries:*

Wash the raspberries. Garnish the dessert with the raspberries.

*For the whipped cream:*

Combine the whipped cream, two tablespoons sugar, and the vanilla in a chilled bowl. Whip on medium speed until soft peaks form. Sweeten with the additional sugar if desired.

*To serve:*

Split the warm biscuits open. Fill with berries and whipped cream. Top with additional whipped cream and berries. Drizzle with chocolate and caramel syrup.

## Blueberry Cream Cheese Shortcake Recipe

### Ingredients

2 cups all-purpose flour  
1/4 cup sugar  
1 tablespoon baking powder  
1/4 teaspoon salt  
1/3 cup cold butter cut into chunks  
1 large egg  
3/4 cup cream

1 tablespoon melted butter or cream  
for brushing

1 1/2 pints ripe blueberries  
2 tablespoons sugar

2/3 cup heavy cream  
1 eight-ounce package cream cheese  
2/3 cup powdered sugar  
1 teaspoon lemon zest



### Directions

*For the shortcake:*

Preheat the oven to 375 degrees.

1. Combine the flour, sugar, baking powder, and salt in a medium bowl.
2. Cut the butter into the dry ingredients with a pastry blender.
3. Whisk the egg into the cream. Make a well in the center of the dry ingredients and pour the cream mixture into the well. Mix with a fork until the ingredients just stick together. Drop into biscuits on a greased cookie sheet and then pat with the back of a spoon make to about 3/4-inch thick. To make cut-out biscuits, pat the dough into a sheet on a floured countertop and cut into three inch shapes with either a knife or a cookie cutter.
4. Brush the tops with the melted butter or cream. Sprinkle the tops with sugar. Bake for about fifteen minutes or until golden brown. Remove to a wire rack. Serve while still fresh and warm.

Note: For the best results, always serve shortcake fresh. The dough can sit in the refrigerator for up to two hours while waiting to bake.

*For the blueberries:*

Wash the blueberries. In a small bowl, smash the berries, add the sugar, and stir. Cover the bowl and heat it in the microwave until the berries are hot and starting to bubble.

*For the whipped cream:*

Pour the whipped cream into a chilled bowl. Whip on medium speed until soft peaks form. Add the cream cheese, powdered sugar, and lemon zest and beat until combined and fluffy.

*To serve:*

Split the warm biscuits open. Fill with whipped filling. Top with additional whipped filling and berries.

## Classic Strawberry Shortcake

There are great strawberries available in our local grocery stores; we thought it was time to bake up some Classic Shortcake. Sure, we could spread strawberries across some angel food cake or white cake but we like a not-so-sweet version made with shortcake.



Shortcake is made like biscuits-- though a little richer and sweeter. Topped with lightly sweetened strawberries and crowned with barely-sweetened whipped cream to which plenty of vanilla has been added, this is the perfect way to enjoy spring strawberries.

Here's the recipe for Classic Shortcake:

2 cups pastry or unbleached all purpose flour  
3 tablespoons sugar  
1/4 teaspoon salt  
1 tablespoon baking powder  
1/2 cup cold butter cut in pieces  
2 large eggs whisked with 3 tablespoons of cold milk added

Preheat the oven to 400 degrees.

Mix the dry ingredients together in a medium-sized bowl. Cut the butter into the dry ingredients with a pastry knife or two sharp knives. Keep cutting until the mixture looks like coarse meal.

Add the egg and milk mixture. Stir until the dry ingredients are moistened but not smooth. Turn the dough onto a lightly-floured counter and roll or pat the dough to a 1/2-inch thickness. Cut into 3-inch circles or squares and place on an ungreased baking sheet.

Bake for 15 to 18 minutes or until the tops begin to turn brown. Cool on a wire rack.

Notes for success:

- Like biscuits, working the dough too much will leave the product tough, not melt-in-your-mouth tender.

### Strawberry Hints

Always use fresh, succulent, ripe strawberries. Choose plump looking strawberries with green caps and avoid those that look bruised or mushy. Do not wash them or remove the caps until they are ready to use. Strawberries should be used promptly; they will not stay fresh long.

- We prefer to just sprinkle a little sugar on our strawberries after they are sliced. The juice will dissolve the sugar to form a light syrup.
- For each cup of whipping cream, add 1 teaspoon of good quality vanilla after the cream is whipped.

## Egg-Rich Shortcake

This is a rich, tender, shortcake made with hard-boiled egg yolks. The fat from the egg yolks has the same effect as shortening in a recipe.

### Egg-Rich Shortcake Recipe

#### Ingredients

3 cups all-purpose flour  
1 tablespoon baking powder  
1/2 teaspoon salt  
4 tablespoons sugar  
1/3 cup cold butter  
4 egg yolks, hard boiled  
1 1/4 cup whipping cream

whipping cream  
turbinado sugar

#### Directions

Preheat the oven to 425 degrees.

1. In a large bowl, combine the flours, sugar, baking powder, and salt.
2. Using a pastry blender or 2 knives, cut in the butter and egg yolks until the mixture forms coarse pieces.
3. Add the whipping cream and stir the mixture with a fork until most of the dry ingredients have been moistened. Turn the ingredients onto the counter and knead and fold until the dough is formed. Do not knead longer than necessary.
4. Roll or pat the dough to about 3/4-inch thickness and cut with a biscuit cutter. Place the biscuits on a greased baking sheet with the edges touching. Brush the tops of the biscuits with whipping cream and then sprinkle them with turbinado sugar
5. Bake for about 16 minutes or until the tops are just golden brown and biscuits sound hollow when gently tapped. Serve warm.



## **Other Shortcake Favorites**

Shortcakes are a wonderful way to use any soft fruit. Of course strawberries are the most popular. Any kind of berries are wonderful. So are bananas, mangos, and peaches. If you are really feeling adventuresome, add cocoa to the recipe for chocolate shortcakes. You can also add nuts or dried fruit.

Instead of vanilla whipped cream, make chocolate whipped cream or add cream cheese.