

Strawberry Shortcake



BAKER'S TIP

Fiber loves water and your recipes will too. You may notice your recipes will need a little more liquid (water, milk, or fruit juice) when using our flour.

For breads, rolls, and other yeast-raised baked goods: Increase liquids $\frac{1}{4}$ cup (60g) at a time until you reach the desired dough consistency.

For cookies: Increase liquids 1 tbs. (15g) at a time until you reach the desired batter or dough consistency.

For brownies, quick-breads, muffins, pancakes, waffles, pie crusts and more: Increase liquids 2 tbs. (30g) at a time until you reach the desired batter or dough consistency.

Ingredients

- 1 pound ripe strawberries
- 3 tablespoons sugar
- 1 1/2 tablespoons lemon juice
- 2 cups Flourish flour
- 3 tablespoons sugar, plus more for sprinkling
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon kosher salt
- 1 teaspoon lemon zest (or 1 tablespoon orange zest*)
- 6 tablespoons cold unsalted butter
- 3/4 cup plus 1 tablespoon cold buttermilk, plus more for brushing

Instructions

1. Preheat the oven to 400°F.
2. Slice strawberries. Zest and juice the lemon, reserving the zest for the shortcakes. Mix the berries with the 3 tablespoons sugar and 1 1/2 tablespoons fresh lemon juice. Allow to stand at room temperature for 1 hour or more, which lets them macerate and release their juices. (Or do up to 24 hours in advance and refrigerate: bring to room temperature before serving.)
3. In a medium bowl, whisk the flour, sugar, baking powder, baking soda, salt, and 1 teaspoon lemon zest. Cut the butter into 1/2-inch pieces and use a pastry cutter to mix it into the flour mixture.
4. Add the 3/4 cup buttermilk to the Flourish flour and stir until all the buttermilk has just absorbed. Do not over stir. Use your hands to form the dough into a rough ball. Add the 1 tablespoon more buttermilk to help the dough come together.
5. Turn onto a lightly floured counter. Gently pat the dough out into a rectangle about 8" x 10" and about 3/4" thick (you may need to wash, dry and flour your hands to help pat it out).
6. Use a 3" biscuit cutter to cut the biscuits, pushing straight down (without turning the cutter) and transferring to a parchment lined baking sheet (you can also use a cookie cutter or use a knife to cut out a 3-inch circle). Ensure the edges of each biscuit are touching on the baking sheet to improve rise. You should get 6 biscuits out of the first cutting, then re-roll the dough scraps for final 2 biscuits.

7. Brush tops with buttermilk. Sprinkle with additional sugar or use turbinado sugar for a crunchy, glittery topping. Bake 15 to 17 minutes until lightly golden brown on top. Allow to cool for 10 minutes. Store leftovers frozen for up to 3 months or refrigerated for a few days (reheat in a 350 degree oven until warm).
8. To serve, cut the shortcakes in half. Top with strawberries and whipped cream, then the top of the shortcake and more whipped cream and strawberries.

We're here to help: flourish-flour.com