



STRAWBERRY SHORTCAKE

By Monique Wilber

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Need something to put your home canned strawberry (or other berry) syrup on? A classic way to make strawberry shortcake is with a simple baking powder biscuit recipe. There is no need for a box; this is easily made with just a few ingredients.

Not just for shortcake, these baking powder biscuits are delicious with soup, stews, and as a snack as is, or cut in half and filled with peanut butter and (homemade) jelly.

Be aware that some baking powders contain aluminum in their ingredients; look for those that do not. Applesauce or prune puree can be substituted for half of the called-for shortening; or use butter spreads or shortenings specially formulated for baking that don't have trans fats. To avoid dense, soggy or flat baked goods, don't substitute oil for butter or shortening. Also don't substitute diet, whipped or tub-style margarine for regular margarine.

While they may be all gobbled up quickly, it is safe to refrigerate biscuits for two to three weeks (to inhibit mold growth) – but you can freeze them for up to two to three months. Break the biscuits into chunks, and pour chunky strawberry (or other berry) syrup on the biscuit; serve this with homemade whipped cream. Store any extra whipped cream, covered, for three days.

Biscuit Shortcake

2 cups sifted all-purpose flour
3 teaspoons baking powder
3 tablespoons sugar
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ cup vegetable shortening or coconut oil (or see substitutions above)
1 egg, beaten
 $\frac{1}{3}$ cup milk or non-dairy substitute

Sift the dry ingredients together; then cut in the shortening, either using two knives in a crisscross fashion or a pastry blender, until the mixture is the consistency of coarse corn meal. Add egg and milk until just blended – do not overmix. Drop by tablespoon on an ungreased cookie sheet. Bake at 400 degrees for 12-15 minutes or until shortcake is golden brown. Source: Mary Alice L'Heureux.

Whipped Cream

2 tablespoons sugar
1 cup heavy whipping cream

Place a metal mixing bowl and metal whisk into the freezer for 10 to 15 minutes.

Place the sugar into the mixing bowl and add the whipping cream. Whisk just until the cream reaches stiff peaks. Store any unused portion in an airtight container for up to 10 hours. When ready to use, rewhisk for 10 to 15 seconds. Source: Alton Brown/Food Network.

For questions about safe home food preservation, or to schedule a speaker for organizations or clubs on the topics of food safety or food preservation, call the Master Food Preservers at (530) 621-5506.

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