

the perfect strawberry shortcake

Prep 30 minutes plus cooling
Bake about 15 minutes Makes 8 servings

shortcake biscuits

- 2½ cups all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ⅓ cup plus 1 tablespoon sugar
- ½ cup (1 stick) cold butter, cut up
- 1 large egg, separated
- 1 cup buttermilk

sugared strawberries

- 2½ pounds strawberries (8 cups)
- 2 tablespoons sugar

whipped cream

- 1 cup heavy or whipping cream
- 2 tablespoons sugar
- 1 teaspoon vanilla extract

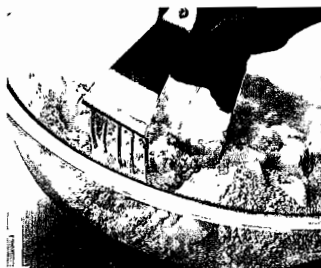
1. Preheat oven to 425°F. Prepare shortcakes: In bowl, combine flour, baking powder, baking soda, salt, and ⅓ cup sugar. Cut in butter (1).
2. With fork, beat egg yolk with buttermilk; stir into flour mixture just until dough leaves side of bowl.
3. On floured surface, with floured hands, knead dough 6 to 8 times to combine; pat to ¾-inch thickness.
4. Cut out shortcakes (2); place 1



- inch apart on ungreased large cookie sheet. Press trimmings together; cut to make 8 biscuits in all.
5. With fork, beat egg white; brush on shortcakes. Sprinkle with sugar (3). Bake 15 to 20 minutes or until golden. Cool on wire rack.
6. Prepare Sugared Strawberries: Hull strawberries, then slice. In large bowl, stir strawberries, sugar, and 1 tablespoon water. Let stand 15 min-

- utes or refrigerate up to 4 hours.
7. Prepare Whipped Cream: In medium bowl, beat cream, sugar, and vanilla until stiff peaks form.
8. Split each shortcake. Place bottom halves on 8 plates. Layer berries and cream over shortcake bottoms; replace tops. Dollop with cream and berries.

>> Each serving: 480 calories, 7 g protein, 58 g carbohydrate, 25 g total fat (15 g saturated), 4 g fiber, 102 mg cholesterol, 550 mg sodium.



THE STEPS

1. With pastry blender or 2 knives used scissors-fashion, cut in butter until mixture resembles coarse crumbs.
2. With floured 3-inch biscuit cutter, cut out shortcakes.
3. With pastry brush, glaze tops with egg white; sprinkle with remaining sugar.