



In the Kitchen

with Barb Agee ~ June 2016

Shortcake Update

With fresh fruit coming into the markets now, tis the season for shortcakes. Here are three variations of one basic recipe using different fruits and flavorings. Also is a recipe for a traditional shortcake with notes of coconut in both the shortcake and topping.

Rhubarb Shortcake with Coconut-Lime Whipped Cream

Shortcake

2¼ cups all-purpose flour + more for dusting
¼ cup sugar + more for sprinkling
2 teaspoons baking powder
¼ teaspoon salt
1 stick frozen unsalted butter
¾ cup heavy whipping cream + more for brushing
½ teaspoon vanilla extract
⅓ cup dried coconut chips

Rhubarb Mixture

4 cups rhubarb, thinly sliced ~ ¼-inch thick
¼ cup honey
½ cup water
2 tablespoons lime juice
Pinch salt
2 tablespoons fresh mint, chopped

Whipped Cream

1 cup heavy whipping cream
2 tablespoons sugar
½ cup sweetened coconut cream
Zest of 1 lime

Shortcakes: preheat oven to 350°F. Line a baking sheet with parchment paper. Pulse the flour, sugar, baking powder and salt in a food processor until combined. Coarsely grate the frozen butter into the processor; pulse a few times until resembles coarse meal. Add the whipping cream and vanilla; pulse a few times until the dough starts to come together. Turn out onto a lightly floured surface; gently pat into a 6 x 9-inch rectangle.

Cut into 8 rounds with a 2-inch round cutter; place about 2-inches apart on the baking sheet and refrigerate for 30 minutes. Lightly brush shortcake tops with whipping cream, sprinkle with sugar and top with coconut chips. Bake for 17 to 20 minutes, until golden brown. Transfer to a cooling rack.

Rhubarb Mixture: place rhubarb, water and honey in a saucepan; simmer until rhubarb is soft and tender. Add salt and lime juice. Stir and set aside.

Whipped Cream: just before serving, beat the cream, sugar and vanilla in a large bowl with a mixer on medium-high speed just until stiff peaks form. Gently fold in the coconut cream and lime zest.

To serve: split the shortcakes horizontally. Stir the mint into the rhubarb mixture and spoon onto the shortcake bottoms. Top with whipped cream, then the shortcake tops. *Makes 8 or 9*

Blueberry-Chocolate Shortcakes

Shortcakes

1¾ cups all-purpose flour, more as needed
½ cup cocoa powder
¼ cup sugar + 1 tablespoon sugar
1 tablespoon baking powder
½ teaspoon baking soda
½ teaspoon salt
2 cold hard-cooked egg yolks
6 tablespoons butter, cold and cut into ½-inch cubes
2 tablespoons butter, melted
¾ cup mini semi-sweet chocolate chips
1 cup sour cream

Filling

1 cup heavy whipping cream
¼ cup sugar
½ teaspoon vanilla extract
2 cups blueberries
1 ounce bitter chocolate, finely grated (*optional*)

Preheat the oven to 400°F. Combine the flour, cocoa, ¼ cup sugar, baking powder, baking soda and salt in a food processor; pulse to combine. Crumble in the egg yolks, add the butter; pulse until butter starts to become incorporated. Add the chocolate chips and continue to pulse until the butter pieces are no larger than pea size.

Transfer to a large bowl, add the sour cream and combine with a fork until the sour cream is mostly incorporated. Using your hands, gently fold and press the dough against the side of the bowl until all the dry bits are incorporated and come together.

Turn the dough onto a lightly floured work surface and shape into a 1-inch round about 8 inches across. Using a 2½-inch biscuit cutter, cut out as many circles as possible and set them about 2-inches apart on the baking sheet. Freeze for 30 to 45 minutes.

Brush the tops of the shortcakes with melted butter and sprinkle with the remaining 1 tablespoon of sugar. Bake until golden brown, 15 to 17 minutes. Transfer to a cooling rack.

Filling: in a large bowl, with a hand mixer beat the cream, sugar and vanilla into medium stiff peaks.

To serve: cut the shortcakes horizontally. Dollop a generous amount of whipped cream on the bottom halves, then top with some blueberries and top halves of the shortcakes. Dollop more whipped cream on top and sprinkle with the finely grated chocolate.

Makes 8 to 9 shortcakes

Strawberry and Blue Cheese Shortcake

Shortcakes

1¼ cups all-purpose flour, more as needed
¾ cup fine cornmeal
¼ cup sugar + 2 tablespoons for tops
1 tablespoon baking powder
½ teaspoon baking soda
½ teaspoon salt
2 hard-cooked egg yolks, cold
6 tablespoons unsalted butter, cold and cut
2 tablespoons unsalted butter, melted
1 cup sour cream

Shortcakes: Preheat oven to 400°F. In a food processor, combine flour, cornmeal, ¼ cup sugar, baking powder, baking soda and salt; pulse to combine. Crumble in egg yolks; add the cubed butter and pulse until the pieces of butter are on larger than pea size.

Transfer to a large bowl; add the sour cream, combining with a fork until sour cream is mostly incorporated. Using your hands, gently fold and press the dough against the side of the bowl until all the dry bits are incorporated and come together.

Line a baking sheet with parchment paper. Turn dough onto a lightly floured work surface and shape into a 1-inch thick rectangle (about 10x4 inches). Cut the dough into 10 rectangles and set about 2-inches apart on baking sheet. Freeze for 30 to 45 minutes.

Brush shortcake tops with melted butter and sprinkle with remaining 2 tablespoons of sugar. Bake until golden brown, about 15 to 17 minutes. Transfer to cooling rack.

Filling: In a bowl combine 6 tablespoons butter and 3 tablespoons honey. Add the blue cheese and a pinch of salt, stir just until combined. Set aside.

In a medium saucepan over medium heat, melt the remaining 2 tablespoons of butter. Add the lemon thyme, swirling the pan, until the butter smells nutty. Stir in the remaining ½ cup honey and simmer until large bubbles rise to the surface. Remove from heat; remove thyme stems and discard. Cool slightly and then add strawberries. Let sit for 5 minutes; strain strawberries, saving the honey butter.

Warm the honey butter over low heat, then whisk in the heavy cream.

To serve: split the shortcakes horizontally. Spread the bottom halves with blue cheese butter and top with strawberries and top halves of shortcakes. Drizzle with the warm honey butter cream and serve. *Makes 10 servings*

Peach Ginger-Lime Shortcakes

Shortcakes

¼ cup sugar, plus 1 tablespoon
2 tablespoons fresh ginger, grated
1 teaspoon grated lime zest
2 cups all-purpose flour, + more as needed
1 tablespoon baking powder
½ teaspoon baking soda
½ teaspoon salt
2 hard-cooked egg yolks, cold
6 tablespoons unsalted butter, cold and cut into ½-inch cubes,
2 tablespoons unsalted butter, melted
1 cup sour cream
¼ teaspoon ground cardamom

Preheat the oven to 400°F. In a small bowl combine ¼ cup sugar, grated ginger and lime zest with your fingers. Transfer to a food processor, add flour, baking powder, baking soda and salt; pulse to combine. Crumble in the egg yolks, add the cubed butter; pulse until the pieces of butter are no larger than pea size.

Transfer to a large bowl, add the sour cream and combine with a fork until the sour cream is mostly incorporated. Using your hands, gently fold and press the dough against the side of the bowl until all of the dry bits are incorporated and come together.

Line a baking sheet with parchment paper. Turn the dough out onto a lightly floured work surface and shape into a 1-inch-thick round, about 8-inches across. Using a 2½-inch biscuit cutter, cut out as many circles as possible and set them about 2-inches apart on the baking sheet. Freeze for 30 to 45 minutes.

Brush tops of the shortcakes with melted butter. Mix the cardamom with the remaining 1 tablespoon of sugar and sprinkle over shortcakes. Bake until golden brown, 15 to 17 minutes. Transfer to a cooling rack.

Filling: put the peaches in a medium bowl. In a saucepan set over medium heat, bring ½ cup water, sugar, lime juice, cardamom and pepper to a simmer. Reduce heat to medium low and cook 5 minutes. Strain the syrup through a fine mesh sieve over the peaches.

To serve: mix 3 tablespoons of the peach syrup with the yogurt. Top the shortcakes with peaches, yogurt, syrup and pistachios. *Makes 8 to 9 shortcakes*



The first strawberry shortcake recipe appeared in an English cookbook in 1588!

