



Personal Chef & Caterer

951 581-0098-www.roseyos.net

Strawberry Shortcake with Balsamic Honey

Ingredients

- 4 medium buttermilk biscuits, recipe follows
- 2 cups strawberries, hulled and halved
- 1/4 cup balsamic vinegar
- 1/4 cup honey
- 1/4 cup light whipping cream
- 4 sprigs fresh mint
- 2 2/4 cup cake flour
- 1/4 cup sugar
- 1 t salt
- 1 T baking powder
- 10 oz butter chilled and cut in 1" squares
- 1 cup heavy cream

Preheat the oven to 350 degrees F. Line 1 or 2 baking trays with parchment paper and set aside. In a food processor, combine the flour, 1/4 cup sugar, baking powder, and salt and pulse to combine. Add the chilled butter and process just until combined. With the motor running, add the cream through the feed tubes, stopping just before the dough forms a ball. Turn the dough out onto a lightly floured surface and gently knead, forming a smooth ball. Do not overwork. Roll the dough out into a 3/4-inch thick round. Using a 3-inch cookie or biscuit cutter, cut out 7 circles. Knead the scraps together, roll, cut out 3 more circles. Split the biscuits in half horizontally. Toss the strawberries with the balsamic vinegar and half the honey. Set aside. Whip the cream in a small mixing bowl to soft peaks. Add the remaining honey and whip to stiff peaks. Spoon the strawberries over the bottom half of each biscuit. Be sure to pour some of the balsamic/honey sauce over each biscuit as well. Spoon the whipped cream over the strawberries and finish by placing the top half of each biscuit on the cream.