



Classic Strawberry Shortcake Bliss + Softly Shaken Cream + Strawberry and Cream Smoothies

By Dylan Sabuco, Erin Fletter

Prep Time 25 / Cook Time 12 / Serves 4 - 6

Shopping List

- FRESH
- 4 C strawberries, fresh or frozen ****(see allergy subs below)****
- 1 sprig of mint
- 1 squeeze fresh lemon juice
- DAIRY
- 1 stick of unsalted butter ****(see allergy subs below)****
- 2 to 3 C heavy whipping cream ****(see allergy subs below)****
- PANTRY
- 2 C all-purpose flour ****(see allergy subs below)****
- 1 tsp baking powder
- 1 C granulated sugar
- 1/2 tsp salt
- 1 3/4 tsp pure vanilla extract ****(see allergy subs below)****
- HAVE ON HAND
- Cooking spray (or parchment paper for baking sheet)
- 2 1/8 C cold water

Fun-Da-Mentals Kitchen Skills

emulsify: to convert two or more liquids into an emulsion. What is an emulsion, you ask? It is a fine dispersion of teeny tiny droplets of one liquid into another. It's what allows oil and vinegar to mix and not separate.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

bake: to cook food with dry heat, as in an oven.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

macerate: to soften foods, like fruit, and bring out their juices by allowing them to soak in a liquid.

shape: to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

Equipment

- Plastic jar + tight-fitting lid
- Liquid measuring cup
- Measuring spoons
- Oven
- Baking sheet
- Parchment paper or cooking spray
- Potholder
- Large mixing bowls (2)
- Dry measuring cups
- Wooden spoon

- Cookie cutter (optional)
- Cutting board + kid-safe knife
- Blender (or pitcher + immersion blender)

Ingredients

Softly Shaken Cream

- 1 to 2 C heavy whipping cream **** (for DAIRY ALLERGY sub dairy-free/nut-free heavy whipping cream or omit recipe)****
- 1 squeeze fresh lemon juice
- 1 T sugar/honey/agave nectar (or 1 stevia packet)
- 1 pinch salt

Classic Strawberry Shortcake Bliss

- 1 stick of unsalted butter **** (for DAIRY ALLERGY sub 1/2 C solid coconut oil)****
- 2 C all-purpose flour **** (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- 1 tsp baking powder
- 1 T granulated sugar
- 1/4 tsp salt
- 1 tsp pure vanilla extract **** (for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)****
- 1 T cold water
- 2 C strawberries, fresh or frozen **** (for STRAWBERRY ALLERGY sub peaches or blueberries)****
- 1 sprig of mint
- 2 T granulated sugar
- 1 squeeze fresh lemon juice

Strawberry and Cream Smoothies

- 1 C heavy whipping cream **** (for DAIRY ALLERGY sub coconut whipping cream)****
- 2 C strawberries, fresh or frozen **** (for STRAWBERRY ALLERGY sub peaches or blueberries)****
- 1/2 C granulated sugar
- 2 C cold water

□ 1/4 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******

Food Allergen Substitutions

Softly Shaken Cream

Dairy: Substitute dairy-free/nut-free heavy whipping cream or omit recipe.

Classic Strawberry Shortcake Bliss

Dairy: Substitute 1/2 C solid coconut oil for 1 stick of unsalted butter.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Strawberry: Substitute peaches or blueberries for strawberries.

Strawberry and Cream Smoothies

Dairy: Substitute coconut whipping cream for heavy whipping cream.

Strawberry: Substitute peaches or blueberries for strawberries.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Softly Shaken Cream

measure + shake + emulsify

Have kids fill a plastic jar half full of **1 to 2 cups heavy whipping cream, 1 squeeze of lemon juice, 1 tablespoon sugar**, and **1 pinch of salt**. Shake, shake, shake until the cream has thickened and stops moving in the container, and "voilà!" (French for "there it is"), an emulsion! You've got homemade whipped cream!

Classic Strawberry Shortcake Bliss

intro

This recipe is a classic but mini version of the dessert. Strawberry shortcake evokes strong feelings of happiness and summertime. Once you taste the delectable combination of juicy strawberries, buttery cake, and fluffy whipped cream, you will be craving strawberry shortcake for the rest of the season.

measure + mix

Have your kids start off by measuring all of the following dry ingredients into a large mixing bowl: **2 cups flour** and **1 teaspoon baking powder**. Then, cut **1 stick of butter** into cubes and add that to the dry ingredients. Mix with a wooden spoon until the mixture is loosely combined.

measure + mix

Next up, have your kids measure **1 tablespoon sugar**, **1/4 teaspoon salt**, **1 teaspoon vanilla extract**, and **1 tablespoon cold water**. Add all of those ingredients to the mixing bowl. Mix until a dough begins to form.

preheat + grease

Preheat your oven to 350 F. Prepare a baking sheet by lining it with parchment paper or by spreading a thin layer of cooking spray over it.

roll + shape + bake

Dump the dough ball onto a clean surface. Using their hands, have your kids flatten the dough as much as possible (roughly 1/2 inch thick). Then, using a knife, a cookie cutter if you have one, or a jar lid, cut out 12 rounds of dough or 1 per student (about 2 inches across) and place them on a baking sheet. Once the baking sheet is full, slide it into the oven and bake for 12 minutes, or until golden brown.

dice + sprinkle + macerate

While the shortcakes bake, have your kids dice **2 cups of strawberries** and **1 sprig of mint** and place those ingredients into a mixing bowl. Sprinkle that mixture with **2 tablespoons of sugar** and **1 squeeze of lemon juice**, stir a few times, and let the strawberries sit and macerate. They will be a topping for your shortcakes.

decorate + devour

Take each shortcake off of the baking sheet. Have your kids pour some strawberries and some Softly Shaken Cream (see recipe) over the top of their cakes before you eat and enjoy!

Strawberry and Cream Smoothies

chop

Remove the tops from **2 cups of strawberries**. Roughly chop the strawberries and place them in your blender.

measure + blend

Measure **1 cup heavy whipping cream**, **1/2 cup sugar**, **2 cups cold water**, and **1/4 teaspoon vanilla extract** and add them to the strawberries. Blend until smooth. Serve and Enjoy!

Featured Ingredient: Strawberry!

Hi! I'm Strawberry!

"Hello! I want to introduce myself. I'm Strawberry—and I have my very own month—May! I'm great in desserts, breakfast foods, snacks, salads, and fragrances. I like to be a part of picnics and holiday celebrations. So combine me with blueberries and bananas (or whipped cream, vanilla pudding, or white cake) for a red, white, and blue dessert for Independence Day in the United States or Bastille Day in France."

History

The garden strawberry as we know it was first bred and cultivated in France in the 1750s. It was a cross between a Virginian strawberry and a Chilean strawberry.

The ancient Romans believed strawberries had medicinal powers. So they used them to treat everything from depression to fainting to fever, kidney stones, bad breath, and sore throats.

Native Americans made cornbread with crushed strawberries and cornmeal; this is how strawberries were introduced to Colonists and served as an inspiration for the invention of strawberry shortcake.

In some parts of Europe, people once believed elves could control how much milk cows produced and that the elves loved strawberries. So farmers tied baskets of strawberries to their cows' horns as an offering to the elves.

California produces about 80 percent of the strawberries in the United States. Strawberries have been grown in California since the early 1900s.

Americans eat an average of three and one-half pounds of fresh strawberries per year. In one study, more than half of seven to nine-year-olds picked strawberries as their favorite fruit. They're nature's candy!

Anatomy

The strawberry isn't a true berry but is called an accessory fruit. Strawberries are the only fruit with seeds outside their skin, about 200 on each berry. And, to be super technical, each seed on a strawberry is considered by botanists to be its own separate fruit!

The strawberry plant is a perennial and can last for a few years, producing fruit each year.

How to Pick, Buy, & Eat

Some varieties of strawberries are easier to harvest than others. To pick a strawberry from its plant, grasp the stem just above the berry between your pointer finger and thumbnail and pull with a slight twisting motion.

To store fresh strawberries, place them whole and unwashed in one layer in a plastic or glass storage container and put them in the refrigerator. Wait to clean them until you are ready to eat them, as rinsing them quickens their spoiling.

Strawberries can be pickled! Especially when you pick them green or unripe. If your berries are overripe, make jam!

Strawberries can be puréed into smoothies or milkshakes and baked into tarts, pies, cakes, and tortes. Or, roast them and serve over ice cream and berries. You can also dehydrate and mix them into granola or purée raw strawberries and freeze them into yogurt pops. Dip them in chocolate or drizzle them with cream. Strawberries are incredibly versatile—the fruit we wait all year to enjoy once summer weather hits!

Nutrition

Strawberries are a HUGE source of vitamin C, especially when eaten raw! One cup of strawberries contains 113 percent of our daily recommended value. Vitamin C is excellent for the heart, bones, and teeth. When we cut ourselves or break a bone, vitamin C comes to the rescue to help repair our tissues.

Strawberries contain natural fruit sugar, called fructose. However, fructose is better than table sugar (white sugar) because it comes packaged with other vitamins, nutrients, and fiber from the rest of the fruit. Plus, the fiber in fruit helps slow down the effects of sugar in our blood.