

Berries and Shortcake – Caillean Daily

Ingredients

- 2 pints strawberries
- 1 pint blackberries
- ½ cup sugar
- 4 cups flour
- 3 tablespoons sugar
- A few dashes salt
- 5 teaspoons baking powder
- 1 ¼ cups butter, softened
- 1 ¼ cups half-and-half or whipping cream
- Whipped cream, or;
 - o 1 ¾ cups whipping cream; and
 - o ½ teaspoon vanilla extract

Preparation

1. Half or quarter strawberries and add blackberries. Gently crush about a quarter of the berries with a fork and mix with remaining berries. Add ½ cup sugar, stir, and allow to sit for about half an hour.
2. Preheat oven to 450 degrees.
3. In a large mixing bowl, combine flour, 3 tablespoons sugar, salt, and baking powder. Add ¾ cup softened butter and rub into dry ingredients until well distributed. Add 1 ¼ cups cream or half-and-half and mix into a dough. Knead the dough for one minute, then roll out to about ½ inch thickness and cut into 3 inch rounds.
4. Grease a baking sheet. Place the rounds on the baking sheet, then melt the remaining butter and brush a little on the top of the rounds. Bake for 10 to 15 minutes, or until golden brown.
5. Remove from the oven and brush a bit more butter onto the shortcakes.
6. If you are using store-bought whipped cream, skip this step. If not, beat the 1 ¾ cups whipping cream with the vanilla extract until thick.
7. Place one round on a plate, then top with a spoonful of berries. Add another half, then top with whipped cream. Enjoy!

