

Fresh Strawberry Shortcake with Mint

Source: Fosters Market by Sara Market

The mint in this recipe is optional, but in the spring when the mint in your garden is so fragrant and beautiful it is the perfect accompaniment to the shortcake and the strawberries.

For the strawberries:

2 pints of fresh local strawberries, hulled and sliced

3/4 C sugar

1 generous T of chopped fresh mint

1 C heavy cream

Mix the strawberries with 1/2 C sugar and mint. Let sit for at least 15 minutes or until the sugar has dissolved. You can refrigerate for 6 hours until ready to use.

At serving time, whip the cream with an electric mixer until soft peaks form. Add the remaining sugar and continue to whip for about 1 minute more until stiff peaks form.

For the shortcake:

2 C flour

1/4 C sugar

1 t baking powder

1 t baking soda

1/2 t salt

8 T cold unsalted butter, cut into 1/2" cubes

3/4 C heavy cream

1 generous tablespoon of chopped fresh mint

Preheat oven to 275 degrees F.

Grease a baking sheet or line with parchment or a silpat.

Combine the flour, sugar, baking powder, baking soda and salt in a bowl and stir to mix. Add the butter and cut into the flour with a pastry blender or your fingertips until the mixture resembles coarse meal. Stir in the chopped mint.

Add the cream and stir to mix until the dough starts to come together. Do not overwork the dough or the shortcakes will be tough.

Turn the dough out onto a lightly floured work surface and press together in a flat, round shape. Roll to a thickness of 1/2" to 3/4" . Cut six 3" round with a cookie cutter. Place on prepared pan and bake for 12-15 minutes, until golden brown. Place on rack to cool. These can be made several hours in advance.

When cool , slice each one in half to resemble a sandwich. Place the bottom half on a plate, top with strawberry mixture. If desired spoon on some freshly whipped cream and add the top half of the shortcake. Top with additional whipped cream and a whole strawberry. Serve immediately.