

Whole Wheat Strawberry Shortcake With Freshly Milled Flour

Prep: 30 minutes • Cook: 20 minutes

Tender whole-wheat shortcakes made with freshly milled soft white wheat are split and filled with lightly sweetened whipped cream and honey-macerated fresh strawberries for a rustic, summery dessert.

Ingredients

- 3 cups (420 g) soft white wheat flour
- 2 1/2 teaspoons baking powder
- 1 teaspoon (5 g) salt
- 1/2 cup (96 g) sugar
- 3/4 cup (171 g) butter (cold)
- 2/3 cup (160 g) heavy cream
- 2 eggs
- 2 teaspoons (10 g) vanilla extract
- 1 cup (240 g) heavy cream (for whipped cream)
- 1 tablespoon (21 g) honey or maple syrup (for whipped cream)
- 4 cups strawberries (sliced)
- 2 tablespoons (42 g) honey (for macerating strawberries)

Instructions

1. Slice the strawberries into a small bowl, add the honey, stir to coat, and refrigerate. Place the butter in the freezer for about 5 minutes.
2. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
3. In a large bowl or food processor, combine the flour, sugar, baking powder, and salt; mix to combine.
4. Cut the cold butter into the dry ingredients with a fork or pastry cutter (or pulse in a food processor) until pea-sized pieces of butter remain.
5. In a separate bowl, whisk together the heavy cream, eggs, and vanilla extract.
6. Pour the wet mixture into the dry mixture and stir just until a soft dough comes together.
7. Scoop 1/3-cup portions of dough onto the prepared baking sheet and press down slightly. Brush tops with a little cream if desired. Bake 17–22 minutes, or until golden on the edges.
8. Let shortcakes cool completely on a rack.
9. For the whipped cream, beat the heavy cream with the honey or maple syrup until light, fluffy, and at soft peaks.

10. To serve, split the shortcakes, spoon on the macerated strawberries, add whipped cream, top with the shortcake lids, and enjoy.

Tags: Dessert, Whole Wheat, Strawberry, Shortcake, Baking, Summer

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