



**COOKING CLASSES**  
AT SUR LA TABLE

**SUMMER BAKING: STRAWBERRY  
SHORTCAKE**

WITH SUR LA TABLE CHEF

# Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

## Produce

- 1 1/2 pounds strawberries
- 1 lemon

## Dairy

- 4 ounces unsalted butter
- 2 cups heavy whipping cream (16 ounces)
- 1 large egg

## Pantry Items

- Granulated sugar
- Kosher or sea salt
- All-purpose flour
- Baking powder
- Vanilla bean paste or vanilla extract

## Dry/Canned Goods

- Sparkling sugar (can be substituted with granulated sugar)

# Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

## Cutlery

- Paring knife
- Serrated knife
- Cutting board

## Hand Tools/Gadgets

- Strawberry huller (optional)
- Bench scraper (optional)
- Microplane or citrus zester
- Citrus juicer or reamer
- Measuring cups and spoons
- Mixing bowls (various sizes)
- Silicone spatula
- Wooden spoon
- Whisk
- Pastry blender (optional)
- Pastry brush

## Cookware

- Medium saucepan

## Appliances

- Food processor or large mixing bowl with pastry blender

## Bakeware

- Baking sheet lined with parchment paper or silicone baking sheet

## **Pre-Class Mise en Place and Notes**

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

### **Strawberry Shortcakes**

1. Wash and dry produce.
2. Chill cream and butter.
3. Preheat oven to 425°F.
4. Line a baking sheet with parchment paper or a silicone baking mat.

## STRAWBERRY SHORTCAKES

*Yield: 8 shortcakes*

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### **Strawberries:**

*1 1/2 pounds strawberries, hulled, halved, or quartered*

*1/4 cup granulated sugar*

*1 teaspoon lemon zest*

*2 teaspoons freshly squeezed lemon juice, divided*

*Kosher salt*

### **Shortcakes:**

*2 cups unbleached all-purpose flour*

*1/4 cup granulated sugar*

*2 1/2 teaspoons baking powder*

*1/4 teaspoon kosher salt*

*4 ounces (1 stick) unsalted butter, cut into 1/2-inch pieces and chilled*

*1 cup heavy whipping cream, chilled*

*1 large egg*

*1 tablespoon water*

*1 tablespoon sparkling sugar*

### **Whipped cream:**

*1 cup heavy whipping cream*

*2 tablespoon granulated sugar*

*1 teaspoon vanilla bean paste*

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Preheat oven to 425°F. Line a baking sheet with parchment paper or a silicone baking mat.

1. **Food processor shortcake method:** To the bowl of a food processor, add flour, sugar, baking powder and salt; pulse to combine. Add butter and pulse mixture until it resembles a coarse meal. Add cream and pulse 4 to 5 times, until dough holds together in large clumps.

2. **Hand shortcake method:** To a large mixing bowl, add flour, sugar, baking powder and salt. Whisk to combine. Using a pastry blender or your fingers, blend butter into flour mixture until it resembles coarse meal. Make a well in the dry ingredients. Add cream to well and use a fork stir the cream into the dry ingredients. Continue to combine until dough holds together in large clumps.

3. Transfer dough to a lightly floured surface. With floured hands, gently fold and press the clumps together until a cohesive dough forms. Pat dough into a 4" x 8" rectangle and cut into 8 equal squares. Carefully transfer squares to prepared baking sheet.

4. To a small bowl, whisk together 1 egg and 1 tablespoon of water. Using a pastry brush, brush tops of cakes with egg wash and sprinkle evenly with sparkling sugar. Transfer shortcakes to oven and bake until golden brown, about 14 to 16 minutes. Rotate the pan after 7 minutes. Once golden brown, take the cakes out and let them cool on the baking sheet.

5. **To macerate strawberries:** To a medium bowl add strawberries, sugar, lemon zest and a pinch of salt. Using a silicone spatula, toss ingredients so that the berries are coated in sugar. Set aside to allow juices to release, about 10 minutes.

6. To a saucepan set over medium-low heat, add half of the macerated strawberry mixture and 1 tablespoon of water. Cook, stirring occasionally until strawberries break down and become jammy, about 12 minutes. Remove from heat and allow to cool. Once cool, add 1 teaspoon of lemon juice. Taste and adjust seasoning with additional lemon juice and salt.

7. **To whip cream:** To a large mixing bowl add cream, sugar, vanilla and a pinch of salt. Using a whisk, beat until soft peaks form.

8. **To assemble strawberry shortcakes:** To the bowl of uncooked macerated strawberries, add 1 teaspoon of lemon juice and stir to combine. Using a serrated knife, split shortcakes in half creating a top and bottom slice. Transfer bottom half of split shortcakes to dessert plates and top with strawberry sauce, macerated strawberries and whipped cream. Cover with a top half and serve.

**Recipe variations:**

- Substitute raspberries, blueberries, blackberries or a combination of berries for strawberries.
- Flavor whipped cream by adding 1 teaspoon of lemon zest or orange zest.
- For a tangy whipped cream, whip cream with 1/4 cup of sour cream or full-fat Greek yogurt.