



# SUNDAY SUPPER

Live Webcast & Restaurant Fundraiser



AROOSTOOK SOMERSET PISCATAQUIS PENOBSCOT WASHINGTON OXFORD ANDROSCOGGIN FRANKLIN KENNEBEC  
WALDO HANCOCK CUMBERLAND SAGadahoc LINCOLN KNOX CUMBERLAND YORK

## COMFORT FOOD

Episode 2 -September 13<sup>th</sup>, 2020

### THE DESSERT

#### Maine Strawberry Shortcake

From Chef Sara Jenkins of Nina June, Rockport

#### **RECIPE:**

##### Ingredients:

- 2 pints ripe, well-rinsed Maine strawberries
- ½ cups sugar, or more to taste
- 4 cups flour
- 3 tbsp sugar
- ¼ tsp salt
- 5 tsp baking powder
- 2 sticks cold, unsalted butter (plus 2 Tablespoons)
- 1 ¾ cup buttermilk
- 1 cup heavy cream
- ¼ tsp vanilla extract

##### Instructions:

1. Pick over and hull strawberries. Cut in half or slice, depending on size.
2. Gently crush about a quarter of the berries with a fork to release their juices.
3. Mix with remaining berries and the 1/2 cup of sugar, adding more sugar if necessary.
4. Set aside, covered, for about half an hour to develop flavor.
5. Preheat oven to 450 degrees.
6. Into a large mixing bowl, sift together flour, 3 tablespoons sugar, salt and baking powder.
7. Add the cold butter and cut in dry ingredients as for pastry.
8. Add 1 ½ cups buttermilk, and just barely mix to a soft dough.
9. Roll it out to about 1/2-inch thickness.
10. Using a 3-inch biscuit cutter, (or other creative tool) cut an even number of rounds - 2 rounds per serving.
11. Use the extra butter to grease a baking sheet. Place half the rounds on it.



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12. Melt remaining butter and brush a little on the rounds; place remaining rounds on top.
13. Bake for 10 to 15 minutes, or until golden brown.
14. Remove from the oven, and pull shortcakes apart. Brush the insides with some of the remaining melted butter.
15. Beat the cream until it thickens.
16. Add vanilla. Beat again just until thick.
17. Place a bottom half of a shortcake on each plate. Top with a generous spoonful of berries. Cover with a top half, add a few more berries, and top with whipped cream.
18. Serve immediately, and Enjoy!