

Scrumptious Shortcake

A SUMMER CLASSIC, SAVED

BY KATIE WEBSTER

STRAWBERRY SHORTCAKE is one of those iconic desserts—make it from scratch or not at all. Face it, there's really no point in sitting down to a trans-fat-laden store-bought biscuit piled with berries and nondairy whipped topping; much better to eat the berries plain. If you're craving strawberry shortcake, you want the real deal: tender biscuits, pillowy whipped cream and ripe, juicy berries. It need not be complicated...which is why we were impressed with the perfect simplicity of a recipe that recently came our way. The results were glorious—the nutritional analysis was anything but.

Reducing saturated fat was the main challenge in the Test Kitchen. First we cut the fat in half when we dropped the heavy cream and a stick of butter from the biscuit, replacing it with a healthier blend of buttermilk, canola oil and reduced-fat cream cheese (a smaller amount of butter was left in the mix for its irreplaceable flavor). We

wanted a tender biscuit, but one with a bit of fiber, so we switched from all-purpose flour to a blend of cake flour and white whole-wheat flour. Increasing the berries by a cup resulted in more vitamin C and fiber per serving. The cream was hardest to replicate, but a traditional whipped

cream cut with reduced-fat sour cream gave a slight tang to the sweet berries while still creating a decadent, creamy topping.

We like to think of

this as "The Summer We Saved Strawberry Shortcake." A bit overblown, perhaps, but when you're talking about icons, a little drama is allowed.

Strawberry Shortcake

ACTIVE TIME: 40 MINUTES | TOTAL: 1 HOUR

You'll want to try this recipe with other fruit too—peaches, raspberries and blueberries are natural choices.

SHORTCAKES

- 2 cups cake flour, plus more for dusting
- 1 cup white whole-wheat flour (see *Ingredient Note, page 78*) or whole-wheat pastry flour
- $\frac{1}{4}$ cup sugar
- 1 tablespoon baking powder
- 4 tablespoons cold unsalted butter, cut into small pieces
- 4 tablespoons (2 ounces) reduced-fat cream cheese (Neufchâtel)
- $\frac{1}{4}$ cup canola oil
- 1 large egg, lightly beaten
- 3 tablespoons nonfat buttermilk

FILLING

- 4 cups sliced hulled strawberries (about $1\frac{1}{4}$ pounds whole berries)
- 3 tablespoons sugar
- $\frac{1}{2}$ cup whipping cream
- $\frac{1}{2}$ cup reduced-fat sour cream

1. To prepare shortcakes: Preheat oven to 400°F.
2. Whisk cake flour, white whole-wheat (or whole-wheat pastry) flour, sugar and baking powder in a large bowl. Cut in

butter using two knives or a pastry cutter until the pieces are about the size of peas. Cut in cream cheese until it's the size of peas. Drizzle oil over the mixture; stir with a fork until just combined (the mixture will be crumbly). Make a well in the center and add egg and buttermilk. Gradually stir the wet ingredients into the dry ingredients with a fork until the mixture is evenly moist. Knead the mixture in the bowl two or three times until it holds together.

3. Turn the dough out onto a lightly floured surface. Dust with flour and roll into an 8-by-10-inch rectangle about $\frac{1}{2}$ inch thick. Cut the edges square using a butter knife. Cut the dough into 12 equal shortcakes. Transfer to a baking sheet.
4. Bake the shortcakes until puffed and lightly golden, about 20 minutes. Let cool slightly.

5. To prepare filling: Meanwhile, toss strawberries with sugar in a medium bowl. Whisk whipping cream in a medium bowl until it's thick and holds its shape, 1 to 2 minutes. Whisk in sour cream until combined.

6. To serve, split shortcakes horizontally. Spoon berries and juice onto the bottoms, top with the cream mixture and replace the shortcake tops.

MAKES 12 SERVINGS, 1 SHORTCAKE & ABOUT $\frac{1}{2}$ CUP FILLING EACH.

PER SERVING: 303 CALORIES; 14 G FAT (6 G SAT, 4 G MONO); 48 MG CHOLESTEROL; 38 G CARBOHYDRATE; 5 G PROTEIN; 2 G FIBER; 137 MG SODIUM; 157 MG POTASSIUM. **NUTRITION BONUS:** Vitamin C (50% DAILY VALUE); Folate & Iron (20% DV). ©EW

Rx RESULTS:

Original Version

409 CALORIES
28 GRAMS TOTAL FAT
18 GRAMS SATURATED FAT

EW Shortcake

303 CALORIES
14 GRAMS TOTAL FAT
6 GRAMS SATURATED FAT

