

Blueberry Shortcake

Recipe From Chef Laurent Zirotti



Ingredients



For Sauce:

- 1 cup blueberries
- ½ cup sugar
- 2 strips of lemon peels

For Biscuit:

- 1 oz. or 2 Tbsp. very cold butter
- 1 cup flour
- 1 tsp. salt
- ½ tsp. of baking powder or soda
- 3 oz. of half and half



Directions

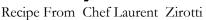


- 1. Sauce: Mix all ingredients in a bowl and let it sit overnight in the fridge-this is good to do with fruits that are either too ripe or not ripe enough
- 2. Shortbread Biscuit
- 3. Process the flour, salt, baking powder and the cold butter in a bowl with your hands or a fork.
- 4. Add at once the half and half and mix to form the dough
- 5. Roll out to 3/4 inch of thickness
- 6. Cut out in a round -you can use a cup or whatever you have
- 7. Brush with melted butter and bake at 40-0 for 12-15 minutes
- 8. You can also use this biscuit recipe for biscuits and gravy and anything else you want to.

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Fast Facts





Featured Food Groups







Yield: 1 serving; Serving size: 1 cup

Total cost: \$ 4.00

Serving cost: \$4.00

.Use any berry you want

Cooking Tips

Want to have biscuits and gravy? Simply change the sauce!

Nutrition Facts



Serving Size	1	Serving	
Amount Per Serving			
Calories	1	174.2	
	% Daily Value		
Total Fat	5.6 g	7 %	
Saturated Fat	3.5 g	17 %	
Trans Fat	0.2 g		
Cholesterol	15.1 mg	1 %	
Sodium	473.5 mg	21 %	
Total Carbohydrate	28.7 g	10 %	
Dietary Fiber	1.3 g	5 %	
Total Sugars	11.5 g		
Added Sugars	8.3 g	17 %	
Protein	2.8 g		
Vitamin D	0 mcg	0 %	
Calcium	45.1 mg	3 %	
Iron	1.1 mg	6 %	
Potassium	63.1 mg	1 %	

Second Harvest is an equal opportunity provider.



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