



# Blueberry Shortcake

Recipe From Chef Laurent Zirotti



## Ingredients



For Sauce:

- 1 cup blueberries
- ¼ 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 ¾ 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.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



Yield : 1 serving ; Serving size: 1 cup

Total cost: \$ 4.00

Serving cost: \$4.00

## Cooking Tips



- .Use any berry you want
- Want to have biscuits and gravy? Simply change the sauce!

## Nutrition Facts



Blueberry shortcake	
<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>1 Serving</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>174.2</b>
<b>% Daily Value*</b>	
<b>Total Fat</b>	5.6 g 7 %
Saturated Fat	3.5 g 17 %
Trans Fat	0.2 g
<b>Cholesterol</b>	15.1 mg 1 %
<b>Sodium</b>	473.5 mg 21 %
<b>Total Carbohydrate</b>	28.7 g 10 %
Dietary Fiber	1.3 g 5 %
Total Sugars	11.5 g
Added Sugars	8.3 g 17 %
<b>Protein</b>	2.8 g
<b>Vitamin D</b>	0 mcg 0 %
<b>Calcium</b>	45.1 mg 3 %
<b>Iron</b>	1.1 mg 6 %
<b>Potassium</b>	63.1 mg 1 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Full Info at <a href="http://cronometer.com">cronometer.com</a>	

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