



Blueberry Shortcake

Recipe From Chef Laurent Zirotti



Ingredients



For Sauce:

- 1 cup of blueberries
- ¼ cup of sugar
- 2 strips of lemon peels

For Biscuit:

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



Directions



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

Shortbread Biscuit

Process the flour, salt, baking powder and the cold butter in a bowl with your hands or a fork.

Add at once the half and half and mix to form the dough

Roll out to ¾ inch of thickness

Cut out in a round -you can use a cup or whatever you have

Brush with melted butter and bake at 40-0 for 12-15 minutes

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



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Nutrition Facts



Blueberry shortcake	
Nutrition Facts	
Serving Size	1 Serving
Amount Per Serving	
Calories	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 %

* 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 cronometer.com

Cooking Tips



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

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