
RECIPE

Strawberry Shortcake

Preparation Time: 30 minutes
Cooking Time: 15 minutes
Total Lesson Time: 60 minutes
Recipe Level: Advanced

Background

Strawberry shortcake is a classic American dessert. Students will prepare strawberries so that their juice will flow over the baked shortcakes.

Objectives

Students will be able to:

Demonstrate a working understanding of the following words: “cutting butter into flour,” preheat, bake, and whip.

Prepare a recipe that involves baking.

Ingredients

For a class of 20:

Topping
4¹/₂ pints strawberries
3 cups whipping cream
1/2 cup sugar
3/4 teaspoon vanilla extract
Shortcakes
3/4 teaspoon salt
3/4 cup butter
3 tablespoons sugar
3 teaspoons baking powder
3 cups flour
1 cup heavy cream

Materials

For the class:

colander
whisk
wooden spoon
oven
rolling pins
3 medium mixing bowls
biscuit cutter or small
drinking glass
cutting board
3 measuring cups
baking sheet
2 serving spoons
measuring spoons

For each group of 4:

2 cutting boards
2 knives
4 bowls
4 forks
napkins
journals

Preparation

1. Have students wash their hands. Discuss proper methods of handling food.
2. Wash strawberries in the colander and allow them to drain.
3. Set aside 18 strawberries, then separate the remaining strawberries into five equal portions, one for each student group.
4. Preheat the oven to 400° F.

Safety Precautions

Review safety precautions for using knives and the oven.

Making the Recipe

1. Demonstrate stemming and slicing the strawberries, pointing out it is best to try to cut them all the same thickness (about 1/2 -inch thick).
2. Have student groups slice their strawberries and place them in a bowl.
3. Give each group an equal portion of the 18 strawberries you had set aside. Demonstrate crushing them in a separate bowl with a fork. Have students crush their strawberries.
4. Collect the bowls and place them on the demonstration table. Have students gather around the demonstration table. Have two students add the sliced strawberries, crushed strawberries, and sugar to the large mixing bowl. Mix well, cover, and set aside. While the mixture sits, it should become very juicy.
5. For the shortcake recipe have selected students measure out all the ingredients, stir together the dry ingredients in a medium mixing bowl, and cut the butter into small slices. Add the butter pieces to the flour mixture. Demonstrate “cutting in butter”: use the tips of your fingers to rub the butter pieces into the flour mixture until it resembles a course cornmeal. Allow students to assist.
6. When it is ready, have two students add the cream and stir just until the flour is moistened. Turn out the dough and let a few students knead the dough briefly and roll it out. Have each student cut out a short cake using a biscuit cutter or small glass. Place the shortcakes on a baking sheet. Bake for 10-15 minutes or until the tops are lightly brown.
7. When ready to serve the shortcakes, use the wire whisk to whip the cream. When the cream is ready (it should be quite thick), add vanilla extract and sugar.
8. Cut the shortcakes in half like a sandwich. Put the bottom on a plate, spoon an equal portion of strawberries over it, put on the top of the shortcake, then add a spoonful of whipped cream.
9. Clean up materials and compost food scraps.