



May 2001 – Strawberry recipes

Strawberries

This red and juicy fruit grows in Europe and the Americas and is a member of the rose family. It has been cultivated since the 13th century, and now we have a fruit that is hardy and can be shipped all over the world. The small alpine strawberries are the most flavourful. The wild strawberries tempt hikers on warm summer days with their delicate aroma and flavours. They refresh and comfort failing spirits and help to quench the thirst.

When buying strawberries choose the smaller ripe, plump, brightly coloured berry that still have the green hulls attached. Do not wash until ready to use and store in a single layer in the refrigerator until ready to use. Strawberries are wonderful on their own with a bowl of sugar to dip them in, while you sit back, reading your book, while basking in the sun!

Strawberry sauce

This is simple and is great to accompany any cake, ice cream, meringue or cheesecake.

2c Strawberries-wipe clean and quarter

1/4c sugar-sprinkle over strawberries

-Let sit 2-4hrs. You will find that the sugar draws out some of the juices to create a sauce. This is wonderful with a touch of Kirsch or sweet white wine.

Sunny Strawberry Soda

1c 1% Milk

2c Fresh strawberries- wiped clean and hulls removed

-Blend in a blender at high speed for 15 seconds.

-Divide among 4 tall glasses.

2c French vanilla ice cream.

-Add a scoop to each of the glasses.

Club Soda

-Carefully fill each glass and garnish with a strawberry.

Strawberry Shortcake

3c Strawberries-wiped clean, hulled and quartered

1/3c sugar

-combine and with a potato masher lightly mash the berries being careful not to crush them to pulp. Let sit at room temperature for 1hr till they release their juices.

1c Whipping cream

1/3c Sour cream

1 1/2T white sugar

-Beat until they hold soft peaks

1t Vanilla

-beat in.

4 Buttermilk biscuits (recipe follows)

-Split in half horizontally, spoon strawberry mix over the bottom half, top with the whipped cream. Then arrange the biscuit tops on the cream.

Buttermilk biscuits

2c All-purpose flour

2t Baking powder

1/2t Baking Soda

1/2t Salt

-Sift together.

1/2c Vegetable shortening

-Blend in to flour mix until it resembles coarse meal.

3/4c Buttermilk

-Stir in, until it just forms a dough. On a lightly floured board knead 6 times and pat to a 1/2" thick round. Cut into 8 pieces, like a pie. Brush tops with milk and bake in the middle of the oven @ 425* for 12-15 mins. Serve at room temperature.

Strawberry Vinaigrette

2 Egg Yolks

2T Razzberry vinegar

1T Dijon Mustard

-Place in a blender

6T Canola oil

-Add oil in a slow stream while the motor is running.

3 1/2oz Whole local strawberries (about 3/4c), wiped clean.

-Drop in blender one at a time and keep processing until the mixture is thick and creamy. Adding a touch of water if it becomes too thick.

Serve in interesting salad greens with a sprinkling of poppyseeds.

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