

# Strawberry Shortcake Deluxe

FROM THE KITCHEN OF AHNA @HAMMERSNHUGS.COM



## SHORTCAKE BISCUITS:

4 C ALL-PURPOSE FLOUR  
3 T BAKING POWDER  
1 TSP SALT  
1 TSP BAKING SODA  
3 STICKS COLD SALTED BUTTER, QUARTERED & CUBED  
1 ½ T LEMON JUICE + MILK TO TOTAL 1 ½ C  
3 EGGS

## CREME ANGLAISE:

1 C HALF AND HALF  
2 EGG YOLKS  
¼ C SUGAR  
2 TSP VANILLA

## WHIPPED TOPPING:

2 C HEAVY WHIPPING CREAM  
2 T VANILLA  
2 T 10X SUGAR

## DIRECTIONS:

**TO MAKE THE SHORTCAKE BISCUITS** - MIX THE DRY INGREDIENTS TOGETHER. SLOWLY ADD THE BUTTER, LEMON JUICE, MILK, AND 2 EGGS. PLACE IN THE FRIDGE FOR 30 MINS OR REFRIGERATE OVERNIGHT. ROLL THE DOUGH ONTO A FLOURED SURFACE. CUT WITH A 3" ROUND CUTTER (OR CANNING LID) AND PLACE BISCUITS ON A BAKING SHEET LINED WITH PARCHMENT PAPER. BRUSH WITH REMAINING EGG. BAKE 400F FOR 15 MINS.

**TO MAKE THE CREME ANGLAISE** - BOIL WATER IN A LARGE SAUCEPAN. PLACE A SMALL PAN ON TOP AND HEAT THE HALF AND HALF FOR ABOUT 5 MINS. WHILE HEATING MIX TOGETHER THE EGG YOLKS, SUGAR AND VANILLA. ADD THE EGG MIXTURE TO THE HEATED HALF AND HALF. SIMMER FOR 10 MINS STIRRING CONSTANTLY.

**TO MAKE THE WHIPPED TOPPING** - WHIP THE CREAM, VANILLA AND 10X SUGAR UNTIL PEAKS FORM.

LAYER THE BISCUITS WITH WHIPPED TOPPING AND ADD QUARTERED STRAWBERRIES. DRIZZLE EACH STACK WITH CREME ANGLAISE.

## FREEZING INSTRUCTIONS:

AFTER BISCUITS HAVE BEEN MADE ACCORDING TO DIRECTIONS, PLACE THEM IN A GALLON FREEZER BAG. WHEN READY TO EAT, PLACE MUFFINS IN THE MICROWAVE (CAN LEAVE LINER ON) AND HEAT FOR 20 SECONDS.

*MACROS PER BISCUIT: 112 CALS 18G NET CARBS 2 FAT 4G PROTEIN*