



## **Lemon Strawberry Shortcakes + Whipped Honey Yogurt + Whole Fruit Strawberry Lemonade**

By Erin Fletter

**Prep Time** 30 / **Cook Time** 15 / **Serves** 4 - 6

### **Shopping List**

☐ FRESH

☐ 3 lemons

☐ 1 lb + 1/2 C fresh strawberries

☐ DAIRY

☐ 4 T butter + extra for brushing **\*\* (see allergy subs below) \*\***

☐ 3/4 C milk **\*\* (see allergy subs below) \*\***

☐ 1 C plain Greek yogurt **\*\* (see allergy subs below) \*\***

☐ PANTRY

☐ 1 C + 2 T granulated sugar or honey + extra to adjust for taste

☐ 2 T granulated sugar + extra for sprinkling

☐ 2 C all-purpose flour **\*\* (see allergy subs below) \*\***

☐ 4 tsp baking powder

☐ 3/4 tsp salt

☐ vegetable oil **\*\*** for greasing pan

☐ HAVE ON HAND

☐ 3 C cold water

☐ ice

## Fun-Da-Mentals Kitchen Skills

**cut in:** to mix a cold, solid fat, like butter or shortening, into a dry ingredient, like flour, until there are particles of fat covered with the dry ingredient. The recipe might call for "pea size" particles or a mixture that looks like "coarse meal." You can use a pastry blender, two knives, or your fingers to cut in the fat.

**bake:** to cook food with dry heat, as in an oven.

**juice:** to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

**macerate:** to soften foods, like fruit, and bring out their juices by allowing them to soak in a liquid.

**toss:** to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

**zest:** to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

**drop:** to let a small amount of solid or liquid food drop into another food or onto a pan to cook, like dropping a spoonful of batter onto a baking sheet or skillet or letting a bit of extract or food coloring drop into a mixture.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**whip:** to beat food with a whisk or mixer to incorporate air and produce volume.

**taste:** to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

**adjust:** to change seasonings or consistency to one's taste or to alter portion sizes.

**dollop:** to add an unspecified blob of food to the top of another food, like dolloping whipped cream on top of a piece of pie.

**t.a.t.:** Taste, adjust, and taste again!

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**strain:** to separate liquids from solid foods or remove bigger food particles from smaller particles using a perforated or porous device like a strainer, sieve, colander, or cheesecloth.

**scoop:** to pick up an amount of food with a utensil to move it to a dish, pan, or container; utensils that can be used to scoop are spoons, dishers (small scoops used for cookie dough or melon balls), ice cream scoops, or large transfer scoops for bulk foods.

## Equipment

- ☐ Nonstick Skillet
- ☐ Medium mixing bowl
- ☐ Large mixing bowl
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Citrus squeezer (optional)
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Wooden spoon
- ☐ Pastry brush
- ☐ Small mixing bowl
- ☐ Whisk
- ☐ Blender (or bowl + immersion blender)
- ☐ Strainer
- ☐ Pitcher

## Ingredients

### Lemon Strawberry Shortcakes

- ☐ 1 lemon, zested and juiced
- ☐ Compote
- ☐ 1 lb fresh strawberries, washed
- ☐ 1/2 C granulated sugar or honey
- ☐ 2 T lemon juice
- ☐ 1/2 tsp lemon zest
- ☐ Shortcake

- ☐ 2 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub 2 C gluten-free/nut-free all-purpose flour)**\*\***
- ☐ 4 tsp baking powder
- ☐ 3/4 tsp salt
- ☐ 2 T granulated sugar + extra for sprinkling on top of shortcake dough
- ☐ 4 T butter + extra for brushing on top of shortcake dough **\*\***(for DAIRY ALLERGY sub 4 T dairy-free/nut-free butter)**\*\***
- ☐ 3/4 C milk **\*\***(for DAIRY ALLERGY sub 3/4 C dairy-free/nut-free milk or water)**\*\***
- ☐ 1/2 tsp lemon zest
- ☐ vegetable oil **\*\*** for greasing pan

### Whipped Honey Yogurt

- ☐ 1 C plain Greek yogurt **\*\***(for DAIRY ALLERGY sub 1 C dairy-free/nut-free plain Greek yogurt)**\*\***
- ☐ 2 T honey or granulated sugar + extra to adjust for taste

### Whole Fruit Strawberry Lemonade

- ☐ 2 lemons
- ☐ 1/2 C fresh strawberries
- ☐ 1/2 C granulated sugar or honey
- ☐ 3 C cold water
- ☐ ice

## Food Allergen Substitutions

### Lemon Strawberry Shortcakes

**Gluten/Wheat:** For 2 C all-purpose flour, substitute 2 C gluten-free/nut-free all-purpose flour.

**Dairy:** For 4 T + extra butter, substitute 4 T dairy-free/nut-free butter. For 3/4 C milk, substitute 3/4 C dairy-free/nut-free milk.

**Soy:** Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil.

### Whipped Honey Yogurt

**Dairy:** For 1 C plain Greek yogurt, substitute 1 C dairy-free/nut-free plain Greek yogurt.

# Whole Fruit Strawberry Lemonade

## Instructions

### Lemon Strawberry Shortcakes

#### slice + zest + juice

First we'll make the strawberry compote! Have your kids slice **1 pound of fresh strawberries** and add them to a medium bowl. Next, have your kids rinse and dry **1 lemon**, zest **1/2 teaspoon of lemon zest** from the yellow part of the lemon rind, and sprinkle it over the chopped berries. Then, have them squeeze about **2 tablespoons of lemon juice** over the berries.

#### toss + macerate

Toss the berries with **1/2 cup of sugar or honey**. Soak and macerate the strawberries in the lemon and sugar syrup while you make the rest of the recipe.

#### scrumptious science

Maceration is the process of softening the texture and increasing the flavor of fruit with sugar or salt. When sugar or salt is sprinkled over fruits, the acid in the fruit will react with the sugar or salt, causing either one to melt. Meanwhile, the sugar or salt is also drawing out the moisture inside the fruit. The result is super soft fruit swimming in a sticky, sweet syrup.

#### measure + combine

In a large mixing bowl, have your kids combine **2 cups flour**, **4 teaspoons baking powder**, **3/4 teaspoon salt**, **2 tablespoons sugar**, and **1/2 teaspoon lemon zest**.

#### cut in + mix

Cut **4 tablespoons of butter** into the flour mixture with clean hands until the dough forms a pea-sized texture. Mix in **3/4 cup of milk**.

#### drop + bake

Warm a nonstick skillet on your stovetop over medium heat and drop large spoonfuls onto the hot skillet. Brush the dough with melted butter and sprinkle it with sugar. Bake for 8 minutes or until the shortcakes are puffed and light brown on the bottom and then flip them and cook on the other side until they are baked all the way through.

#### split + add + dollop

To serve, kids can split open their shortcakes, add some of the lemon and strawberry compote, and dollop **Whipped Honey Yogurt** on top. Eat and enjoy!

### Whipped Honey Yogurt

### measure + whip

Have your kids measure **1 cup plain Greek yogurt** and **2 tablespoons honey or sugar** into a bowl and whip using a whisk.

### t.a.t. + dollop

Taste the whipped yogurt, adjust the flavor with more honey or sugar if needed, and taste once more to make sure it's perfectly sweetened. Dollop the Whipped Honey Yogurt on fruit or cake, like **Lemon Strawberry Shortcakes!**

## Whole Fruit Strawberry Lemonade

### slice + scoop + add

Have your kids slice **2 lemons** in half, take out the seeds, and scoop the fruit pulp into your blender (or a bowl for use with an immersion blender). Add **1/2 cup sugar or honey, 1/2 cup fresh strawberries,** and **2 cups cold water.**

### blend + strain + stir

Blend until smooth and then strain into a serving pitcher. Stir in the remaining **1 cup of cold water.** Right before serving, add **ice** and stir again. Cheers!

## Featured Ingredient: Strawberry!

Hi! I'm Strawberry!

"Hello! I want to introduce myself. I'm Strawberry—and I have my very own month—May! I'm great in desserts, breakfast foods, snacks, salads, and fragrances. I like to be a part of picnics and holiday celebrations. So combine me with blueberries and bananas (or whipped cream, vanilla pudding, or white cake) for a red, white, and blue dessert for Independence Day in the United States or Bastille Day in France."

### History

The garden strawberry as we know it was first bred and cultivated in France in the 1750s. It was a cross between a Virginian strawberry and a Chilean strawberry.

The ancient Romans believed strawberries had medicinal powers. So they used them to treat everything from depression to fainting to fever, kidney stones, bad breath, and sore throats.

Native Americans made cornbread with crushed strawberries and cornmeal; this is how strawberries were introduced to Colonists and served as an inspiration for the invention of strawberry shortcake.

In some parts of Europe, people once believed elves could control how much milk cows produced and that the elves loved strawberries. So farmers tied baskets of strawberries to their cows' horns as an offering to the elves.

California produces about 80 percent of the strawberries in the United States. Strawberries have been grown in California since the early 1900s.

Americans eat an average of three and one-half pounds of fresh strawberries per year. In one study, more than half of seven to nine-year-olds picked strawberries as their favorite fruit. They're nature's candy!

## Anatomy

The strawberry isn't a true berry but is called an accessory fruit. Strawberries are the only fruit with seeds outside their skin, about 200 on each berry. And, to be super technical, each seed on a strawberry is considered by botanists to be its own separate fruit!

The strawberry plant is a perennial and can last for a few years, producing fruit each year.

## How to Pick, Buy, & Eat

Some varieties of strawberries are easier to harvest than others. To pick a strawberry from its plant, grasp the stem just above the berry between your pointer finger and thumbnail and pull with a slight twisting motion.

To store fresh strawberries, place them whole and unwashed in one layer in a plastic or glass storage container and put them in the refrigerator. Wait to clean them until you are ready to eat them, as rinsing them quickens their spoiling.

Strawberries can be pickled! Especially when you pick them green or unripe. If your berries are overripe, make jam!

Strawberries can be puréed into smoothies or milkshakes and baked into tarts, pies, cakes, and tortes. Or, roast them and serve over ice cream and berries. You can also dehydrate and mix them into granola or purée raw strawberries and freeze them into yogurt pops. Dip them in chocolate or drizzle them with cream. Strawberries are incredibly versatile—the fruit we wait all year to enjoy once summer weather hits!

## Nutrition

Strawberries are a HUGE source of vitamin C, especially when eaten raw! One cup of strawberries contains 113 percent of our daily recommended value. Vitamin C is excellent for the heart, bones, and teeth. When we cut ourselves or break a bone, vitamin C comes to the rescue to help repair our tissues.

Strawberries contain natural fruit sugar, called fructose. However, fructose is better than table sugar (white sugar) because it comes packaged with other vitamins, nutrients, and fiber from the rest of the fruit. Plus, the fiber in fruit helps slow down the effects of sugar in our blood.

