



**Teen Chef Class
Strawberries!!!
May 12, 2014**

Strawberry Ice Cream

Ingredients

- 1-1/2 cups whole milk
- 1-1/8 cups granulated sugar
- 3 cups heavy cream
- 1-1/2 tablespoons pure vanilla extract
- Strawberries - sliced



Instructions

In a medium mixing bowl, use a hand mixer on low speed to combine the milk and granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream and vanilla. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. Near the end, pour in strawberry slices. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Strawberry Shortcakes

Ingredients:

- 2 sticks (1 cup) butter, softened
- 1-1/2 cups sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 4 large eggs
- 1 cup 1% lowfat milk
- 2 teaspoons vanilla extract
- 2-2/3 cups all-purpose flour
- Strawberries (sliced)

Directions:

1. Preheat oven to 350 degrees F. Line a regular size (2-1/2 in – diameter) muffin cups with paper liners.
2. Beat butter, sugar, baking powder, and salt in a large bowl with mixer on high speed 1 minute or until well blended. Add eggs; beat 2 minutes or until fluffy. Reduce mixer speed to low and beat in milk and vanilla (batter may look curdled), then flour just blended. Spoon batter into lined muffin cups, filling each 2/3 full.
3. Bake 20 to 25 minutes until a wooden pick inserted in centers of cupcakes comes out clean. Cool in pan on a wire rack 5 minutes before removing from pan to rack.
4. Repeat with remaining batter, Let cupcakes cool completely before frosting and decorating.
5. Top with whipped cream and sliced strawberries.



Strawberry Mini Tea Cakes

Ingredients:

- 8 slices white bread
- ½ cup soft spread cream cheese
- 1 tablespoon strawberry preserves
- 1 pint fresh strawberries
- Colored sugar crystals

Directions:

1. Cut bread into desired shapes with a cookie cutter.
2. In a small mixing bowl, combine cream cheese and strawberry preserves.
3. Spread a thin layer of the mixture on each bread cut-out, and then place strawberries on top of each sandwich.

Garnish each sandwich with sprinkling of sugar crystals.