

Peach Shortcake

Adapted from David Lebovitz

6 Servings

To make sure the shortcakes are flavorful and juicy, I make a coulis (a sauce made from raw fruit) of peaches and let that macerate for at least an hour before serving. Then I use it to moisten and soak the bottom of the biscuits. Peaches vary in size and sweetness, so feel free to make any adjustments depending on the fruits available to you. I add a handful of raspberries, but you can use mixture of other summer fruits, including plums and nectarines. I usually use buttermilk in my biscuits, which makes a more tender biscuit, but many people prefer cream, which I use as well.



Biscuits

2 cups (280g) flour
2 teaspoons baking powder (preferably aluminum-free)
1 teaspoon salt
1 1/2 tablespoons sugar
8 tablespoons (115g) unsalted butter, chilled and cut into cubes
1 egg beaten
2/3 cup (160ml) heavy cream or buttermilk
1/4 teaspoon orange extract.
1/4 tsp - 1/2 zest from a blood orange.

Biscuit Glaze

1 egg
1 teaspoon heavy cream or milk
1 Tablespoons sugar to sprinkle after egg wash

Peach Coulis (pronounced koo-LEE) Coulis is a form of thin sauce made from puréed and strained vegetables or fruits. Fruit **coulis** are most often used on desserts. Raspberry **coulis**, for example, is especially popular with poached apples or Key lime pie. It added an artistic element.

4 large peaches, peeled and diced
2 tablespoons sugar
optional: a few drops of kirsch, triple sec, grand marnier

Whipped Cream

1 1/2 cups (375ml) heavy cream
1 -2 tablespoons confectioner sugar depending of your level of sweetness
1/2 teaspoon vanilla extract
drop of orange extract

Assembly

4-6 large peaches, peeled, sliced, and tossed in a bit of sugar

1. To make the biscuits, preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. Sift the flour, baking powder, salt, and sugar into a bowl. Using a pastry blender, cut in the butter until it's in pieces the size of corn kernels. (I use a food processor or stand mixer with the paddle attachment.) Add the cream or buttermilk, egg and orange zest.. mix until just blended.
3. On a lightly floured countertop, briefly knead the dough just until it comes together. Do not overwork the dough; it's better to work it less and have rustic-looking biscuits than ones that are tough.
4. Roll the dough until it's 3/4-inch (2 cm) thick and with a 3-inch (10 cm) biscuit cutter, cut out six individual biscuits, dipping the cutter in flour between cutting each biscuit. You can gather the scraps and re-roll to cut out a few more biscuits. Put the biscuits on the baking sheet. For the glaze, mix the egg with the cream or milk. Sprinkle with sugar.
5. Brush just the tops of the biscuits with the glaze and bake for 15 to 20 minutes, until they're browned on top and up the sides. Remove from oven and let cool.

6. Make the peach coulis by mixing the diced peaches with 2 tablespoons of sugar and liquor of choice. If using, with your hands, squeezing firmly the diced fruit to mash it up and help it release its juices. Let stand at least an hour.
7. Whip the cream until it begins to get stiff, then whip in the sugar and vanilla extract and continue to whip until it holds its shape.
8. Slice the peaches and toss them in a bowl with a sprinkling of sugar. I prefer the peaches diced, although the recipe calls for slices.
9. To assemble the shortcakes, cut each biscuit in half and place the bottoms on six plates. Divide the peach coulis amongst the biscuits, pressing it in a bit with a spoon to encourage the juices to saturate the biscuit. Add a few peach slices on top of each, then add a generous dollop of cream. Finish with the rest of the peach slices and top with the crown of the biscuit. *Drizzle with warm butterscotch sauce. I use the Butterscotch sauce ONLY use VANILLA extract.

Butterscotch Sauce

Adapted from Ready for Dessert. No one quite knows where the name 'butterscotch' came from. Some think it's derived from butter being 'scorched' and others think it may be from when butterscotch was made into candies that were 'scored' or cut. Although it's not where the name came from, nor is it traditional, I will sometimes put a shot of scotch or bourbon in my butterscotch sauce, because I like the flavors together. Butterscotch sauce is delicious spooned over vanilla ice cream, or drizzled over Peach Shortcake.

4 tablespoons (55g) salted butter

1 cup (180g) packed light brown sugar

1/4 cup (90 ml) plus 6 tablespoons (60ml) heavy cream

1/2 teaspoon vanilla extract

1. In a wide saucepan or skillet, melt the butter with the brown sugar and the 1/4 cup of heavy cream, stirring until smooth.
2. Without stirring, let the mixture cook at a bubbling simmer for three minutes.
3. Remove from heat and stir in the remaining 6 tablespoons of cream. Let cool a bit, then stir in the vanilla extract.

Serving and Storage: The sauce should be served warm. It can be stored in a jar, in the refrigerator, for up to two weeks. Reheat the butterscotch sauce in a saucepan over low heat.

Note: I sometimes use unrefined brown sugar, which can leave undissolved bits of sugar. They don't bother me, but if you wish, you can strain the warm sauce to remove them.