



Cherry-Chocolate Shortcakes with Kirsch Whipped Cream

READY IN



45 min.

SERVINGS



8

CALORIES



773 kcal

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup smucker's cherry preserves
- ☐ 1.5 pounds bing cherries fresh pitted stemmed halved
- ☐ 1 large eggs
- ☐ 1 tablespoon kirsch liqueur
- ☐ 0.5 teaspoon salt
- ☐ 3 ounces bittersweet chocolate grated

- ☐ 2 tablespoons sugar
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)
- ☐ 1.5 cups whipping cream chilled
- ☐ 0.5 cup milk whole chilled

Equipment

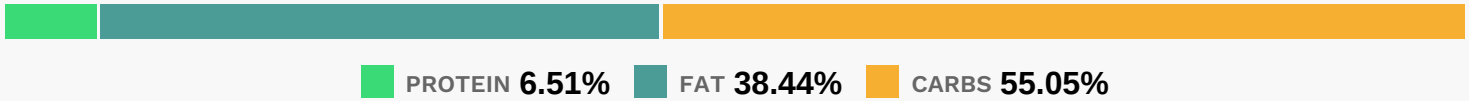
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F. Line large baking sheet with parchment paper.
- ☐ Combine flour, sugar, baking powder, and salt in large bowl; whisk to blend.
- ☐ Add butter and rub in with fingertips until mixture resembles coarse meal.
- ☐ Mix in chocolate. Beat milk and egg in small bowl to blend. Gradually add milk mixture to dry ingredients, tossing until dough comes together in moist clumps. Gather dough together. Turn out onto lightly floured surface and gently knead 5 turns to combine. Shape gently into 8-inch-long log.
- ☐ Cut log crosswise into 8 rounds; shape each into 2 1/2x3/4-inch round. Arrange rounds on prepared baking sheet.
- ☐ Bake biscuits until bottoms are golden and tester inserted into center comes out clean, about 15 minutes. Cool on rack 15 minutes. (Can be made 6 hours ahead. Cool completely. Wrap in foil and rewarm in 350°F oven 10 minutes before continuing.)
- ☐ Combine cherries, sugar, and kirsch in medium bowl.
- ☐ Let stand until sugar dissolves and juices form, tossing occasionally, about 3 hours. Strain cherry juices into heavy medium saucepan.

- ☐ Mix in jam. Cook over medium heat until jam melts and juices form thick syrup, stirring often, about 8 minutes.
- ☐ Mix syrup into cherries. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Beat cream, sugar, and kirsch in large bowl until peaks form. Cover and refrigerate up to 2 hours.
- ☐ Cut warm biscuits horizontally in half.
- ☐ Place bottom halves in shallow bowls. Spoon cherry mixture and cream over. Cover with biscuit tops and serve.

Nutrition Facts



Properties

Glycemic Index:43.14, Glycemic Load:25.28, Inflammation Score:-10, Nutrition Score:14.950434928355%

Nutrients (% of daily need)

Calories: 773.35kcal (38.67%), Fat: 33.1g (50.92%), Saturated Fat: 20.42g (127.64%), Carbohydrates: 106.65g (35.55%), Net Carbohydrates: 96.8g (35.2%), Sugar: 59.95g (66.61%), Cholesterol: 106.65mg (35.55%), Sodium: 352.5mg (15.33%), Alcohol: 0.63g (100%), Alcohol %: 0.35% (100%), Caffeine: 9.14mg (3.05%), Protein: 12.61g (25.22%), Vitamin A: 4093.53IU (81.87%), Fiber: 9.86g (39.42%), Calcium: 234.03mg (23.4%), Selenium: 15.48µg (22.12%), Iron: 3.89mg (21.64%), Manganese: 0.36mg (18.2%), Vitamin B2: 0.31mg (18.2%), Vitamin B1: 0.27mg (18.12%), Folate: 63.89µg (15.97%), Phosphorus: 154.09mg (15.41%), Copper: 0.2mg (10.23%), Vitamin B3: 1.99mg (9.97%), Magnesium: 32.55mg (8.14%), Vitamin D: 1.22µg (8.13%), Vitamin E: 0.91mg (6.08%), Potassium: 182.35mg (5.21%), Zinc: 0.77mg (5.16%), Vitamin B5: 0.45mg (4.54%), Vitamin B12: 0.25µg (4.21%), Vitamin K: 3.34µg (3.19%), Vitamin B6: 0.06mg (2.81%), Vitamin C: 1.51mg (1.84%)