



## Peach and Blackberry Shortcakes with Blackberry Cream

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



786 kcal

DESSERT

### Ingredients

- 2.3 cups all purpose flour
- 2.5 teaspoons double-acting baking powder
- 12 ounce blackberries
- 0.8 cup buttermilk
- 0.3 teaspoon ground nutmeg
- 2 pounds peaches pitted ripe peeled sliced
- 1 pinch sea salt fine

- 0.8 cup sugar
- 10 tablespoons butter unsalted chilled cut into 1/2-inch cubes ( )
- 1 teaspoon vanilla extract
- 1.8 cups whipping cream chilled

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- sieve
- hand mixer
- cookie cutter

## Directions

- Position rack in center of oven and preheat to 400°F. Line rimmed baking sheet with parchment paper.
- Whisk flour, 7 tablespoons sugar, baking powder, salt, and nutmeg in large bowl to blend.
- Add butter and rub in with fingertips until mixture resembles coarse meal. Gradually add buttermilk, tossing with fork until moist clumps form. Gather dough together; flatten dough on floured work surface to 3/4- to 1-inch-thick round. Using floured 3-inch round biscuit cutter or cookie cutter, cut out rounds. Gather dough scraps and flatten on work surface to 3/4- to 1-inch thickness; cut out additional rounds for a total of
- Transfer shortcakes to prepared baking sheet.
- Whisk cream and remaining 1 tablespoon sugar in small bowl to blend.
- Brush cream mixture over tops of shortcakes.
- Bake shortcakes until tops begin to brown and tester inserted into center comes out clean, about 25 minutes.
- Transfer shortcakes to rack. do ahead Can be made 6 hours ahead.

- Let stand at room temperature. Rewarm in 350°F oven 5 minutes before assembling.
- Toss sliced peaches, blackberries, sugar, and salt in medium bowl; let stand while preparing blackberry cream.
- Rinse blackberries; moisture will enhance puree.
- Place in processor.
- Add sugar; puree until smooth. Strain mixture through fine strainer set over bowl, pressing on solids to extract as much liquid as possible. Discard solids.
- Using electric mixer, beat cream and vanilla in large bowl until peaks form. Fold 3/4 cup blackberry puree into whipped cream until incorporated. Reserve remaining blackberry puree for sauce.
- Cut shortcakes horizontally in half.
- Place 1 bottom half of each shortcake on each of 6 plates. Spoon filling over each, then generous amount of blackberry cream.
- Drizzle each with reserved blackberry puree. Cover with top halves of shortcakes and serve.
- For the most tender shortcakes, don't overwork the dough. Once you add the liquid, stir until just blended.

## Nutrition Facts

**PROTEIN 5.13%** **FAT 51.74%** **CARBS 43.13%**

### Properties

Glycemic Index:67.22, Glycemic Load:51.03, Inflammation Score:-9, Nutrition Score:19.935217421988%

### Flavonoids

Cyanidin: 59.57mg, Cyanidin: 59.57mg, Cyanidin: 59.57mg, Cyanidin: 59.57mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 28.45mg, Catechin: 28.45mg, Catechin: 28.45mg, Catechin: 28.45mg Epigallocatechin: 1.63mg, Epigallocatechin: 1.63mg, Epigallocatechin: 1.63mg, Epigallocatechin: 1.63mg Epicatechin: 6.18mg, Epicatechin: 6.18mg, Epicatechin: 6.18mg, Epicatechin: 6.18mg Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

### Nutrients (% of daily need)

Calories: 786.24kcal (39.31%), Fat: 46.25g (71.16%), Saturated Fat: 28.66g (179.1%), Carbohydrates: 86.75g (28.92%), Net Carbohydrates: 80.15g (29.14%), Sugar: 44.15g (49.05%), Cholesterol: 131.91mg (43.97%), Sodium: 257.45mg (11.19%), Alcohol: 0.23g (100%), Alcohol %: 0.07% (100%), Protein: 10.32g (20.65%), Vitamin A: 2267.35IU (45.35%), Manganese: 0.8mg (39.9%), Selenium: 23.46µg (33.52%), Vitamin B1: 0.46mg (30.58%), Folate: 117.24µg (29.31%), Vitamin B2: 0.5mg (29.25%), Fiber: 6.61g (26.42%), Vitamin B3: 4.54mg (22.7%), Vitamin C: 18.52mg (22.45%), Calcium: 214.11mg (21.41%), Phosphorus: 206.33mg (20.63%), Vitamin E: 3mg (19.98%), Vitamin K: 19.85µg (18.91%), Iron: 3.4mg (18.91%), Copper: 0.3mg (15.18%), Potassium: 442.49mg (12.64%), Vitamin D: 1.85µg (12.34%), Magnesium: 43.14mg (10.78%), Vitamin B5: 0.92mg (9.18%), Zinc: 1.3mg (8.64%), Vitamin B6: 0.11mg (5.62%), Vitamin B12: 0.29µg (4.81%)