



Rhubarb and Strawberry Vanilla Scented Shortcakes with Ginger Creme Fraiche

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



510 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 tablespoon butter melted
- ☐ 0.5 cup candied ginger minced
- ☐ 2 cardamom pods
- ☐ 0.5 cup crème fraîche
- ☐ 2 cup flour all-purpose
- ☐ 2 cup heavy cream divided as needed plus more

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 pound rhubarb cut into ½-inch chunks
- ☐ 2 cup strawberries fresh thick cut into ½ inch slices
- ☐ 0.8 cup sugar plus 1 tablespoon for the shortcakes & 2 teaspoons for the cream
- ☐ 1 vanilla pod

Equipment

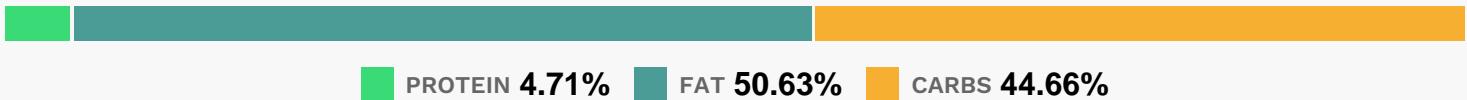
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ sieve
- ☐ hand mixer
- ☐ wooden spoon
- ☐ cookie cutter
- ☐ stove
- ☐ baking spatula

Directions

- ☐ For the rhubarb: Toss the rhubarb, 3/4 cups sugar, fresh peeled ginger, and cardamom pods in a glass container. Cover and refrigerate overnight. Turn the mixture once or twice to evenly distribute the sugar.
- ☐ Place a fine-mesh sieve over a medium saucepan. Gently pour the rhubarb mixture through the sieve into the saucepan to collect the accumulated juices.
- ☐ Remove the sieve with the rhubarb and place over a bowl.
- ☐ Remove and discard the ginger and cardamom. Bring the liquid and any undissolved sugar in the saucepan to a boil over medium-high heat and cook, stirring gently, until all of the sugar dissolves, about 3 minutes.

- ☐ Add the rhubarb to the saucepan and cook, stirring occasionally, until the rhubarb just begins to soften, 3 to 4 minutes.
- ☐ Remove the rhubarb mixture from the heat and reserve at room temperature. The rhubarb will continue to soften as it sits. For the vanilla shortcakes: Preheat the oven to 425°F. Sift flour, salt, baking powder & 1 tablespoon sugar into a large mixing bowl. Slit the vanilla bean and, using a sharp paring knife, scrape the seeds into flour mixture and reserve the pod for another use. Stir the flour mixture to distribute the vanilla seeds.
- ☐ Add 1 cup cream and mix into the flour with a large wooden spoon or silicone spatula.
- ☐ Add more cream as necessary until the dry ingredients become a firm ball of dough with no dry spots; it should not be sticky. Turn the dough onto a lightly floured surface and knead about 20 times, until the dough becomes smooth but not shiny, and firm but pliable. Pat the dough into a 9-inch square. Using a 3-inch round cookie cutter, cut 8 rounds of biscuit dough as close to one another as possible, re-rolling the dough gently if necessary.
- ☐ Brush each shortcake on both sides with the melted butter to lightly coat, and place on an un-greased baking sheet.
- ☐ Place in the oven and bake until puffed and lightly golden, about 15 minutes.
- ☐ Place the stainless-steel bowl and whip attachment for an electric mixer in the freezer 10 minutes before whipping the cream.
- ☐ Place the crème fraîche, 1 cup cream, and 2 teaspoons sugar in the chilled bowl and whip on medium-high speed until soft peaks form, 2 to 3 minutes. Gently stir in most of the candied ginger, reserving just enough as garnish for all 8 servings. Reserve in the refrigerator until needed.
- ☐ Place the saucepan with the rhubarb mixture back on the stove over medium-high heat.
- ☐ Add the strawberries and cook until the strawberries are just heated through but still firm, about 2 minutes. Tease the shortcakes apart with a fork. Divide the rhubarb and strawberry mixture among the shortcakes (about ½ cup per serving) and finish each shortcake with a small dollop of whipped cream, and a sprinkle of reserved candied ginger.

Nutrition Facts



Properties

Glycemic Index:43.14, Glycemic Load:31.75, Inflammation Score:-7, Nutrition Score:12.793478240138%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 509.69kcal (25.48%), Fat: 29.24g (44.99%), Saturated Fat: 17.92g (112.02%), Carbohydrates: 58.03g (19.34%), Net Carbohydrates: 55.3g (20.11%), Sugar: 30.04g (33.38%), Cholesterol: 87mg (29%), Sodium: 363.48mg (15.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Vitamin C: 26.3mg (31.87%), Manganese: 0.61mg (30.33%), Vitamin A: 1157.56IU (23.15%), Calcium: 204.59mg (20.46%), Selenium: 13.85µg (19.78%), Vitamin K: 19.99µg (19.03%), Vitamin B2: 0.32mg (18.92%), Vitamin B1: 0.28mg (18.75%), Folate: 73.2µg (18.3%), Phosphorus: 130.78mg (13.08%), Iron: 2.04mg (11.33%), Vitamin B3: 2.21mg (11.07%), Fiber: 2.73g (10.91%), Potassium: 333.86mg (9.54%), Vitamin E: 1mg (6.67%), Magnesium: 25.62mg (6.41%), Vitamin D: 0.95µg (6.35%), Vitamin B5: 0.44mg (4.36%), Copper: 0.09mg (4.34%), Zinc: 0.56mg (3.74%), Vitamin B6: 0.07mg (3.62%), Vitamin B12: 0.13µg (2.24%)