



Strawberry Long Cake

 Vegetarian

READY IN



95 min.

SERVINGS



6

CALORIES



903 kcal

DESSERT

Ingredients

- ☐ 1 stick butter good melted
- ☐ 2 cups buttermilk cold
- ☐ 2 cups heavy whipping cream cold
- ☐ 1 juice of lemon
- ☐ 1 pinch kosher salt
- ☐ 4 cups self-rising flour for dusting plus more
- ☐ 2 quarts strawberries hulled quartered
- ☐ 3 tablespoons sugar

- ☐ 6 servings splash vanilla extract
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ measuring cup
- ☐ canning jar
- ☐ pastry cutter

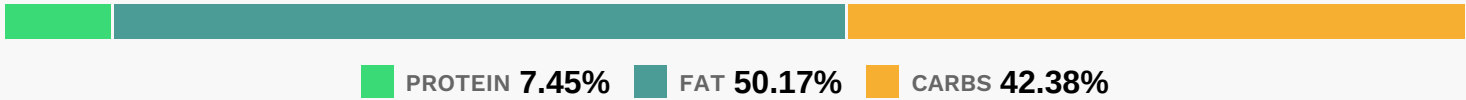
Directions

- ☐ Watch how to make this recipe.
- ☐ Place the strawberries in a bowl and sprinkle 2 tablespoons of the sugar over them. Toss with the lemon juice and salt.
- ☐ Let the strawberries macerate and get juicy for 30 minutes to an hour.
- ☐ Whip the heavy cream with the remaining tablespoon sugar until soft peaks. Then add the lemon zest and vanilla extract.
- ☐ In an 8-ounce glass (or mason jar, which I like to use), layer some crumbled Grapevine KY Buttermilk Biscuits with some macerated strawberries and spoonfuls of whipped cream. Keep alternating layers until the jar is full, and then try not to eat like a complete animal. Repeat with the remaining ingredients.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Place a heavy cast-iron skillet (preferably 12 inch) into the oven to preheat. Chill a large mixing bowl, pastry cutter, the flour and 1 stick of the butter in the freezer 15 minutes before assembling the biscuits.
- ☐ Add the flour to the chilled mixing bowl. Working quickly, cut 1 stick of the butter into the flour using the chilled pastry cutter (or your fingers); the goal here is pea-size balls of butter. In batches, add in the buttermilk until the dough is cohesive yet still moist. Turn the dough out onto a floured surface and lightly press into a 1-inch-thick round. Using a 2 1/2-inch biscuit cutter or the business end of a dry measuring cup, cut out 10 biscuits. (Use the extra dough

to cook up a big piece of shortcake for dessert....strawberry shortcake!)

- ☐
- Carefully remove the skillet from the oven and add the oil.
- ☐
- Place the dough rounds into the hot skillet, right up against each other, and brush with the melted butter.
- ☐
- Bake until golden brown, 15 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:43.02, Glycemic Load:51.73, Inflammation Score:-9, Nutrition Score:26.443043211232%

Flavonoids

Cyanidin: 5.3mg, Cyanidin: 5.3mg, Cyanidin: 5.3mg, Cyanidin: 5.3mg Petunidin: 0.35mg, Petunidin: 0.35mg, Petunidin: 0.35mg, Petunidin: 0.35mg Delphinidin: 0.98mg, Delphinidin: 0.98mg, Delphinidin: 0.98mg, Delphinidin: 0.98mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 78.39mg, Pelargonidin: 78.39mg, Pelargonidin: 78.39mg, Pelargonidin: 78.39mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 9.81mg, Catechin: 9.81mg, Catechin: 9.81mg, Catechin: 9.81mg Epigallocatechin: 2.46mg, Epigallocatechin: 2.46mg, Epigallocatechin: 2.46mg, Epigallocatechin: 2.46mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 903.26kcal (45.16%), Fat: 51.19g (78.75%), Saturated Fat: 30.05g (187.78%), Carbohydrates: 97.28g (32.43%), Net Carbohydrates: 88.96g (32.35%), Sugar: 28.16g (31.28%), Cholesterol: 138.94mg (46.31%), Sodium: 238mg (10.35%), Alcohol: 0.34g (100%), Alcohol %: 0.07% (100%), Protein: 17.1g (34.19%), Vitamin C: 187.9mg (227.75%), Manganese: 1.88mg (94.24%), Selenium: 39.91µg (57.02%), Vitamin A: 1808.67IU (36.17%), Fiber: 8.32g (33.3%), Folate: 111.95µg (27.99%), Phosphorus: 275.53mg (27.55%), Vitamin B2: 0.42mg (24.43%), Potassium: 760.61mg (21.73%), Calcium: 212.33mg (21.23%), Magnesium: 76.19mg (19.05%), Vitamin E: 2.66mg (17.76%), Copper: 0.33mg (16.69%), Vitamin D: 2.31µg (15.4%), Vitamin K: 15.46µg (14.72%), Vitamin B1: 0.2mg (13.21%), Vitamin B5: 1.29mg (12.93%), Iron: 2.16mg (12%), Vitamin B6: 0.24mg (11.94%), Zinc: 1.67mg (11.1%), Vitamin B3:

2.19mg (10.95%), Vitamin B12: 0.53µg (8.78%)