



THE  
LITTLE FRENCH BAKERY

## OLD FASHIONED SHORTCAKES (GLUTEN FREE)

Makes about 8 shortcakes

2 cups gluten-free all purpose baking mix

1/2 tsp xanthan gum, unless baking mix contains it

3 tablespoons sugar

3 teaspoons baking powder

1/2 teaspoon salt

1/4 tsp frshly grated nutmeg

1/2 cup shortening, butter (butter tasted better in the GF version)

1 beaten egg

3/4 cup light cream or milk

3 Tablespoons soft butter/ margarine (for spreading on the warm shortcakes- optional)

4 cups sweetened, sliced, strawberries, peaches or a mixture of both!

1 cup heavy cream, whipped, or ice cream or even Greek yogurt

Preheat oven to 400 degrees. Sift together dry ingredinets. Cut in shortening or butter until mixture resembles coarse crumbs. Combine eggs and cream, add stirring just till dough follows fork around bowl. On lightly floured surface pat or roll to 1 inch. Or drop onto baking sheet. Cut with cutter. Bake on ungreased baking sheet in hot oven (450\*) 8-10 minutes. You may want to use a silpat or parchment paper if you have it.

After you remove them from the oven, allow them to cool for about 10 minutes. Then, split short cakes, spread with soft butter. Spoon berries between layers and on top. Serve with whipped cream. Makes 8 servings.

Notes: The gluten free mix took longer to bake. I reduced the original baking temperature from 450 F, to 400 F so they could bake longer without the tops getting too brown. Reduce the cream/milk to 1/2 cup if using all purpose wheat flour, and the sugar to 2 tablespoons. I did put butter (ok, yogurt/Heart Healthy spread) on the shortcakes before adding the fruit, and it was great!