

Gluten-Free Strawberry Shortcakes with Coconut Whipped Cream

3 pints strawberries, stemmed
4-6 tablespoons sugar
255 g whole-grain gluten-free flour blend (2 cups)
2 tablespoons granulated sugar such as evaporated cane juice crystals
1 tablespoon gluten-free baking powder
1½ teaspoons powdered psyllium husk
½ teaspoon salt
¼ teaspoons baking soda
3 tablespoons vegan butter
1 cup unsweetened coconut milk yogurt
2 tablespoons oil
2 teaspoons lemon juice
1 tablespoon granulated sugar such as evaporated cane juice crystals

Coconut Whipped Cream

Mash one-third of the strawberries in a bowl with a potato masher or fork. Stir in sugar. Cut remaining strawberries in quarters (halves for small strawberries) and stir into mashed strawberries. Cover and set aside for at least 30 minutes, or up to 2 hours. Or refrigerate up to 6 hours ahead. Taste and adjust sweetness before serving.

Whisk flour, sugar, baking powder, psyllium, salt, and baking soda together in a mixing bowl. Mix in butter with a pastry blender or fork until lumps are about the size of a pea. Whisk yogurt, oil, and lemon juice together in a bowl. Stir yogurt mixture into flour mixture until thoroughly mixed. Cover and let stand for 30 minutes.

Heat oven to 450° F. Place a rimmed baking sheet inside a second one and line with parchment paper.

Using a heaping ¼ -cup scoop or a greased ¼ -cup measuring cup, drop 8 scoops of dough close to each other on prepared baking sheet. Sprinkle with sugar. Bake 15 minutes, rotating baking sheet halfway through baking, until bottoms are lightly browned. Transfer to a wire rack and let cool for 30 minutes.

Split each shortcake in half horizontally and place in individual bowls. Using a slotted spoon, place strawberries on top, then dollop with whipped cream. Serve immediately. Makes 8 servings. –Adapted from *How Can It be Gluten-Free, volume 2* by America's Test Kitchen.

Variations: Sweeten strawberries with stevia and reduce sugar.

Gluten-Free Biscuits: Reduce sugar to 1 teaspoon. Omit sugar on top.

Coconut Whipped Cream

4 (14-ounce) cans coconut milk, refrigerated for at least 24 hours
2 tablespoons sugar
2 teaspoons vanilla extract

Skim the solid layer of cream off top of each can and measure out 2 cups (save extra and liquid for another use). Whip coconut cream, sugar, and vanilla on low speed with an electric mixer until well combined, about 30 seconds. Increase speed to high and whip until mixture thickens and soft peaks form, about 2 to 3 minutes. Whipped cream

can be refrigerated for up to 1 week. If cream gets too thick, stir in a small amount of coconut liquid. Makes about 3½ cups. –Adapted from *Vegan for Everybody* by America's Test Kitchen.

Variation: Sweeten with vanilla stevia and reduce sugar.

America's Test Kitchen Whole-Grain Gluten-Free Flour Blend

The ratios for this whole-grain flour blend are: 3 parts teff, 1 part brown rice flour, 1 part golden flaxseeds, and 2/3 cup sweet rice flour.

24 ounces ivory teff flour (5¼ cups)

8 ounces brown rice flour (1¾ cups)

8 ounces finely ground golden flaxseeds (2 1/3 cups)

5 ounces sweet white rice flour (1 cup)

Whisk teff flour, brown rice flour, flaxseeds, and white rice flour together in a large bowl. Transfer to airtight container(s), label, and freeze for up to 6 months. Makes about 10 cups. –Adapted from *How Can It be Gluten-Free, volume 2* by America's Test Kitchen.

Tips:

Measuring gluten-free flours by weight instead of volume produces the most consistent results. If you work regularly with gluten-free flour, a digital scale is a worthwhile investment.

Bring flour blend to room temperature before using.

When baking with gluten-free flours, and especially this blend, let the dough or batter stand for 30 minutes to allow the flours and flax to absorb the moisture before proceeding with the recipe.