



Strawberry Shortcake

Recipe by Sally Wise

INGREDIENTS

2 sheets ready rolled puff pastry, thawed

300g strawberries, to decorate

For the cake

60ml milk

25g natural or Greek yoghurt

70ml light olive oil or vegetable oil

20ml lemon juice

1 teaspoon finely grated lemon zest

2 eggs

120g sugar

225g self raising flour

INGREDIENTS

For the filling

900ml cream, suitable for whipping

3 teaspoons icing sugar

125g soft ricotta

20g natural or Greek style yoghurt

3 teaspoons lemon juice

250g strawberry jam



Mornings
with Georgia Stynes
on 666AM and the ABC listen app





Strawberry Shortcake

Recipe by Sally Wise

MAKE THE PASTRY LAYERS

Preheat oven to 200 degrees C. Have two baking trays ready, one lined with baking paper.

On a lightly floured surface, roll one of the pastry sheets out to approximately 28cm square. Place on the paper lined tray. Cover with a sheet of baking paper and place the other tray on top.

Bake for 10 to 15 minutes or until the pastry is golden brown. Remove to a wire rack to cool, and then repeat with the remaining pastry sheet.

Cut a 23cm round from each pastry sheet with a very sharp knife.

MAKE THE CAKE

Heat oven to 160 degrees C. Grease a round 23cm cake tin, 6cm deep and line the base with baking paper, grease again.

Combine the milk, yoghurt and oil, mixing until smooth. Add the lemon juice and zest and stir until combined. Set aside.

Using a handheld or stand mixer, whisk the eggs and sugar together until thick and creamy.

A little at a time, using a metal spoon, add the milk mixture to the egg mixture, alternating with the flour, and stirring until the mixture is smooth. Spoon into the cake tin and level out.

Bake for 25 minutes, or until a metal skewer inserted into the centre comes out clean.

Leave to stand in the tin for 5 minutes before turning out onto a wire rack to cool completely.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app





Strawberry Shortcake

Recipe by Sally Wise

PREPARE THE FILLING

When you are ready to assemble, whip the cream with the sugar with an electric beater until soft peaks form.

With the motor running, add the ricotta, yoghurt and lemon juice and whisk to a medium-firm consistency.

TO ASSEMBLE

Place a small dab of the cream in the centre of the serving platter. Place one of the pastry discs on this, then spread with a quarter of the jam and a third of the cream mixture.

Trim the top of the cooled cake so that it's level, then slice the cake in half horizontally using a serrated knife. Spread one half with another quarter of the jam and sandwich the other layer on top.

Place the sandwiched cake on top of the cream covered pastry disc. Spread with another quarter of the jam, then another third of the cream mixture and finally top with the other disc of pastry. Spread this with the remaining jam.

Top with the final third of the cream mixture. Finish by placing the strawberries around the edge. Refrigerate for at least one hour before serving.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app





Strawberry Chilli Sauce

Recipe by Sally Wise

INGREDIENTS

500g strawberries, hulled and roughly chopped

220g long red chillies, ends removed and chopped finely

4 $\frac{1}{2}$ cups white or cider vinegar

4 $\frac{1}{2}$ cups white sugar

1 $\frac{1}{2}$ teaspoons salt

1 $\frac{1}{2}$ tablespoons grated fresh green ginger

8 garlic cloves, crushed

Cornflour paste (see method), optional

METHOD

Place all ingredients in a saucepan and bring to the boil, stirring until the sugar is dissolved. Boil over medium heat for 40 minutes.

Thicken if needed with 3 teaspoons cornflour mixed to a paste with 2 tablespoons extra vinegar.

Use as for regular sweet chilli sauce. It is especially delicious with seafood.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app





Strawberry Cordial Syrup

Recipe by Sally Wise

INGREDIENTS

1kg strawberries

1 litre water

Sugar

3 level teaspoons tartaric or citric acid

To serve

To serve as a drink, use one part syrup to 4 to 5 parts chilled water, lemonade or soda water.

You can add some vodka or gin in the case of the first two. The syrup is nice served as a coulis over ice cream, panna cotta or pavlova with berries.

METHOD

Place the berries and water in a large saucepan and bring to the boil. Simmer very gently for 15 minutes. Strain through a colander, and the resulting liquid through a kitchen sieved lined with a layer of muslin (or other thin cloth).

For each cup of the resulting liquid add 1 cup of sugar. Bring to the boil, then reduce heat immediately to a bare simmer and cook 2 minutes more. Stir in tartaric acid, pour into sterilised bottles and seal immediately.

The cordial will keep at room temperature but in warmer weather or climates it would be best to keep it in the fridge. In either case, refrigerate the bottle once it is opened.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app





Strawberry Vinegar

Recipe by Sally Wise

INGREDIENTS

Use as a salad dressing just as it is or add a little balsamic vinegar.

Drizzle over ice cream for a delicious treat (truly).

Strawberries, roughly chopped

White or cider vinegar

Sugar

.

METHOD

Combine equal amounts of strawberries and vinegar in a glass bowl. Stir well, cover the bowl with cling wrap and leave to stand for a week at room temperature, stirring occasionally.

On day 8, strain through a sieve or colander lined with muslin.

For each cup of strawberry vinegar liquid, add 1 cup sugar. Bring to the boil then reduce heat to a simmer and cook for 2 minutes. Pour into sterilised heat-proof bottles and seal immediately.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app





Strawberry Jam

Recipe by Sally Wise

INGREDIENTS

1.5kg strawberries

1 teaspoon citric acid or 2 tablespoons lemon juice

1.25kg sugar

Pour into warm sterilised jars and seal immediately.

METHOD

Place the strawberries and citric acid or lemon juice in a large saucepan. Bring to the boil, stirring constantly, then reduce heat and simmer for 15 minutes, stirring often.

Add the sugar and stir until dissolved.

Bring back to the boil and cook briskly until setting point is reached, stirring often. This should take approximately 20 to 30 minutes.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app





Strawberry Conserve

Recipe by Sally Wise

INGREDIENTS

1.5kg strawberries

1 teaspoon citric acid or 2 tablespoons lemon juice

1.25kg sugar

Pour into warm sterilised jars and seal immediately.

METHOD

Place all ingredients in a bowl and stir to combine. Leave to stand at room temperature overnight.

Next day, bring to the boil, stirring. Boil briskly over medium heat until setting point is reached. This should take 15 to 20 minutes.

Pour into warm sterilised jars and seal immediately.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app





Strawberry Ice-cream

Recipe by Sally Wise

DIRECTIONS

Using strawberry cordial syrup or strawberry jam.

Whisk together until just combined, one- and three-quarter cups of cream, three quarters of a cup of milk and three quarter of a cup of the strawberry cordial syrup or two thirds of a cup of strawberry jam.

Pour into an ice cream machine and churn until soft serve consistency, then spoon into trays and freeze.

Add crumbled dehydrated strawberries if you have them, for extra texture.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app





Strawberry Leather

Recipe by Sally Wise

DIRECTIONS

Strawberries can be dehydrated on wire racks over a tray in a very slow oven (65 to 70 degrees or in a food dehydrator).

Personally, I like to make pear and strawberry fruit leather.

Simply stew peeled, cored and chopped pears with a little water and the same weight of strawberries until a smooth puree forms (not too wet).

Spread to 6mm thick on trays lined with baking paper (if dehydrating in the oven} or spread on fruit leather sheets for a dehydrator.

Dehydrate until no liquid is exuded when a sheet of the leather is torn. Cool and store in an airtight container in the fridge (freezer if to be stored for more than 3 weeks).

Hint – for the fruit leather, other fruits can be used instead of pears – e.g. rhubarb, apple



Mornings
with Georgia Stynes
on 666AM and the ABC listen app





Strawberry Powder

Recipe by Sally Wise

DIRECTIONS

Dehydrate strawberries until crisp then pulverise in a blender. Store in airtight jars in the fridge.

Use to flavour cakes and drinks; sprinkled over a strawberry topped pavlova it's sensational.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app





Freezing Strawberry

Recipe by Sally Wise

DIRECTIONS

For free-flowing frozen berries, spread on trays and freeze, then place in freezer bags or airtight containers.

Alternatively, place in freezer bags or containers, allowing headspace to allow for expansion and freeze.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app





Sparkling Strawberry Drink

Recipe by Sally Wise

INGREDIENTS

Makes approximately 4.5 litres
875g strawberries, roughly chopped
875g sugar
1 lemon, chopped
4 ½ litres cold water
250ml cider vinegar or white vinegar

METHOD

Place all ingredients in a food-safe bucket, mix well, then throw a tea towel over the top of the bucket (make sure it doesn't touch the liquid) and leave to stand at room temperature for 48 hours.

Strain through a fine nylon kitchen sieve and pour into PET bottles and seal immediately. (Very clean, empty soft drink bottles are ideal, or you can buy new ones from home brewing suppliers. Do not use glass bottles.)

The sparkling strawberry will be ready in about a week, maybe sooner (check by carefully every day after day 2 by opening the lid a fraction – if it's fizzy, it's ready).

Refrigerate all bottles immediately once the fizz has developed and use within two weeks. Open very carefully and gradually. Serve ice cold with a slice of lemon or lime

**ABC Radio
CANBERRA**

Mornings
with Georgia Stynes
on 666AM and the ABC listen app





Strawberry Mousse Cake

Recipe by Sally Wise

INGREDIENTS

250g plain sweet biscuit crumbs
100g butter, melted
2 x 85g packets strawberry jelly crystals, dissolved in 1½ cups boiling water
250g cream cheese, softened
½ cup icing sugar
Juice 1 large lemon
Finely grated rind 1 lemon
375ml tin evaporated milk, chilled in the fridge overnight

FOR THE TOPPING

1 x 85g strawberry or raspberry jelly crystals
1½ cup boiling water
1 punnet strawberries



Mornings
with Georgia Stynes
on 666AM and the ABC listen app





Strawberry Mousse Cake

Recipe by Sally Wise

METHOD BASE AND CENTRE

Grease a 23cm round spring form tin.

Mix the biscuit crumbs with the butter and press evenly into the base of the tin. Place in the fridge for 30 minutes. Allow the jelly mixture **to cool but not set**.

Whisk the cream cheese with the icing sugar, then whisk in the lemon juice and lemon rind.

In a large separate bowl, beat the evaporated milk with electric beater until thick and creamy. Gradually pour in the jelly mixture and continue to beat until combined, then beat in the cream cheese mixture. Pour onto the biscuit crumb base and refrigerate until set.

FOR THE TOPPING

Meanwhile, dissolve the jelly crystals in the boiling water and set aside to cool completely but not set.

Top the set filling with the halved strawberries. Spoon the jelly over and leave to set.

Trim the top of the cooled cake so that it's level, then slice the cake in half horizontally using a serrated knife. Spread one half with another quarter of the jam and sandwich the other layer on top.

Place the sandwiched cake on top of the cream covered pastry disc. Spread with another quarter of the jam, then another third of the cream mixture and finally top with the other disc of pastry. Spread this with the remaining jam.

Top with the final third of the cream mixture. Finish by placing the strawberries around the edge. Refrigerate for at least one hour before serving.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app

