

XCentric Ideas

Strawberries
are best at
room
temperature

Strawberry

Uses of strawberries

1. Rub a halved fresh **strawberry** on your teeth ... it helps to whiten teeth.
2. **Freeze** washed and hulled **strawberries** on a cookie sheet for a few hours until hard. Transfer to freezer bags and return to freezer until you're ready to use them.
3. Add fresh **strawberries** to your salad.
4. Only rinse **strawberries** when ready to use ... if you've rinsed too many and didn't use it all, make a sauce.
5. Layer crushed meringue, fresh **strawberries** and whipped cream in pretty glasses for instant Eton Mess dessert.



Photo by:
Alma Pretorius

- **Strawberry** is the only fruit with its seeds on the outside.
- There are 200 seeds on an average **Strawberry**.
- **Strawberries** are the first fruit to ripen each Spring.

Recipes in this issue:

Quick Strawberry Snacks
Strawberry Muffin
Strawberry Coconut Muffin
Strawberry Oat bars
Strawberry Shortcake Cookies
Strawberry Butter

Quick Strawberry Snacks



Strawberry tower

Layer shortbread cookies, whipped cream, fresh sliced strawberries and blueberries for dessert.

Photo:

<http://spaceshipsandlaserbeams.com/blog/party-food/11-quick-easy-summer-strawberry-desserts>



Banana Tower

Dip sliced bananas in Sprite, 7-Up or Lemonade to prevent browning. Layer with peanut butter (or thick caramel) and fresh sliced strawberries.

Photo:

<http://www.weightlossjumpstart.net/food-pyramid-explanations/>



Apple tower

Dip sliced apples in Sprite, 7-Up or Lemonade to prevent browning. Layer with peanut butter and fresh sliced strawberries.

Photo:

<http://www.abeforum.com/archive/index.php/t-25966-p-163.html>



Brownie kebab

Thread fresh strawberries, brownie cubes/rounds and small marshmallows on kebabs. Drizzle with choc sauce.

Photo:

<http://aymag.com/create-easy-entertaining/>



Personal Note:

You'll notice that the recipe was originally 'best ever blueberry muffin' ...

I was reading this eBook where the lady LOVED this breakfast:

A blueberry muffin ... crispy pieces of bacon on the side ... fresh squeezed orange juice ... black coffee.

Gosh, that really grabbed my attention. I looked for a blueberry muffin recipe, found this one but then the blueberries were a bit expensive ... and strawberries were in season ... So I made this muffin using strawberries ... and had breakfast with crispy bacon, fresh squeezed grapefruit (didn't have oranges) and black coffee ... divine!!!!

Strawberry muffin

2 cups all-purpose flour
2 teaspoons baking powder
3/4 teaspoon salt
1 stick (1/2 cup) (115g) unsalted butter, softened
1 cup white sugar
2 large eggs
2 teaspoons vanilla essence
1/2 cup milk
2-1/4 cups (fresh strawberries, room temperature, chopped small
- coat them lightly in flour)
2 tablespoons brown sugar

Preheat the oven to 190°C. Line a 12-cup muffin tin with paper liners. Spray the pan and the liners with non-stick cooking spray. In a medium bowl, whisk together the flour, baking powder and salt.

In the bowl of an electric mixer, beat the butter and granulated sugar for about 2 minutes. Add the eggs one at a time, scraping down the sides of the bowl and beating well after each addition. Beat in the vanilla essence. (The batter may look a little grainy -- that's okay).

Gradually add the flour mixture, alternating with the milk, beating on low speed to combine. Add the strawberries to the batter and fold gently with a spatula until evenly distributed. Do not overmix.

Scoop the batter into the prepared muffin tin (an ice-cream scoop with a wire scraper works well here); they will be very full. Sprinkle the brown sugar evenly on top of the muffins.

Bake for about 25 - 30 minutes, until lightly golden and a cake tester comes out clean. Let the muffins cool in the pan for about 10 minutes. Run a knife around the edge of each muffin to free it from the pan if necessary (the strawberries can stick), then transfer the muffins to a rack to cool completely.

Strawberry Coconut Muffin

1 cup desiccated coconut
1 cup white (or brown) sugar
1 cup self raising flour
1 cup milk (I used fat free)
About 300g fresh strawberries, rinsed, stalks cut off and cubed
3 tsp lime curd (or lemon curd ... or leave out)
Extra sugar (to sprinkle on top)

Heat oven to 180 °C.
Prepare a giant 12 (or 16 usual) muffin pan greased or with cupcake papers.
Combine coconut, sugar and flour. Add the chopped strawberries and mix to coat the fruit.
Add milk and mix well. If you're using lime/lemon curd, add and mix.
Spoon into muffin pan until 7/8 full. Sprinkle with sugar on each muffin.
Bake for about 25 mins or until golden brown. Allow to cool in tin before removing.

NOTE:

Originally, this was a Kiwi Muffin recipe. I had kiwi fruit that weren't ripe yet ... so I searched for a recipe and found this delightfully 5 ingredient one ... I used 4 kiwi fruit and 3 tsp lime curd. It was amazing!!!!!!!
But then I wanted to use strawberries ... and it worked lovely!

Strawberries are members of the Rose family.

A strawberry is not actually a berry ... but a banana is ...



NOTE:

You'll notice the muffin (left) is a bit white ... I used gluten-free self raising flour and coconut milk for this version ... although it came out white, the taste was real good and of course it was gluten and dairy free!

Photos: Alma Pretorius - Recipe: adapted by Alma Pretorius from -
<https://www.domesblissity.com/2013/03/kiwifruit-coconut-lime-cakes.html>

Photos by: Alma Pretorius and friend Bev

Strawberries and Oats

Strawberry in other languages:

- *Afrikaans* – Aarbei
- *Spanish* – Fresa
- *German* – Erdbeere
- *Dutch* – Aardbei
- *French* – Fraise
- *Greek* – Fráoula
- *Italian* – Fragola
- *Russian* - Klubnika



Photo: Alma Pretorius

Strawberry Oat Bars

3/4 cup brown sugar
1 1/2 cup oats (gluten-free or normal)
1/4 teaspoon salt
1 teaspoon baking powder
3/4 cup flour (gluten-free or cake flour)
1 stick butter melted (about 115 g)
2 cups fresh strawberries sliced

Preheat the oven to 180 °C.

Line baking pan with baking paper, let sides hang over the pan.

In a large bowl, add all dry ingredients. Mix well.

Add the melted butter and mix. Press 1/2 of the mixed crust firmly to the bottom of the pan.

Add a layer of fresh strawberries. Top with remaining crust and press down again firmly.

Bake for 25 minutes. As soon as it comes out of oven, press down firmly again.

Let the bars cool completely in the pan. They will firm up as they cool. Once cooled, cut into bars in the pan with a very sharp knife, then lift the bars by the flaps of parchment to remove from the pan. Store between layers of wax paper in an airtight container for up to two weeks. To make them easier to slip into back packs and lunch boxes, you can also wrap each bar individually in wax paper or plastic wrap.

I've frozen mine ... and ate them straight from freezer.

Recipe: <https://www.fearlessdining.com/simple-gluten-free-strawberry-oatmeal-bars/>

Strawberry Shortcake cookies

2 1/2 cups chopped fresh strawberries
1 teaspoon fresh lemon juice
2/3 cup sugar
1 1/3 cup all-purpose flour
1 1/3 cup whole wheat pastry flour
3 teaspoons baking powder
1/4 teaspoon kosher salt
115 g cold salted butter, cut into small pieces
1 cup heavy cream

Preheat oven to 190 °C.

Combine chopped strawberries and lemon juice. Set aside for now.

Whisk together the sugar, both flours, baking powder, and kosher salt. Make sure it's all mixed very well.

Cut in the butter with a pastry cutter or with your fingers, until mixture resembles coarse crumbs.

Gently stir in the cream until dough starts to come together. Carefully stir in strawberry mixture. The mixture will be crumbly.

Using a tablespoon, drop dough onto baking sheets lined with parchment or a Silpat, spacing evenly apart.

Bake until golden brown, about 20-22 minutes. (It has to be already a bit crisp when comes out of oven. Transfer to a wire rack, and let cool. Can be stored in an airtight container at room temperature for up to 1 day. Or they can be stored in the fridge for up to a week.



Use strawberry butter:

- On toast
- On scones
- On flapjacks
- On pancakes
- On muffins

Alternatively:

Blend strawberries with smooth cottage cheese and use on sandwiches / scones / muffins / apple slices.

OR ALTERNATIVELY:

Blend strawberries with smooth peanut butter and spread on sandwiches / scones / muffins / apple slices.

Strawberry Butter

1/2 cup butter, softened
1/4 cup strawberries, chopped real fine
2 tablespoons icing sugar

Ensure strawberries are at room temperature before beginning.

With mixer on medium, whip butter until soft and fluffy.

Add in remaining ingredients and mix until incorporated.

Refrigerate for up to 10 days. Remove from fridge about 15 minutes before serving to soften.



Photo: Alma Pretorius - Recipe:
<http://www.spendwithpennies.com/whipped-strawberry-butter/>

Photo: Alma Pretorius - Recipe:
<http://www.culicurious.com/strawberry-shortcake-cookie-recipe/>