

.....

OLD FASHIONED STRAWBERRY RECIPES

Favourites from the
Museums of Mississauga

.....



STRAWBERRY RHUBARB PIE

INGREDIENTS

Pastry (makes 3 double pie shells)

- 5 1/2 cups flour
- 2 teaspoons of salt
- 1 lb cold lard, butter or shortening
- 1 teaspoon white vinegar
- 1 egg, beaten
- ice cold water

Filling

- 2 cups fresh Ontario strawberries, sliced
- 3 cups rhubarb cut into 1/2 inch pieces (4-5 stalks is usually enough)
- 1/3 cup brown sugar (light or dark)
- 1/3 cup white sugar
- 1 tsp cinnamon
- 1/4 cup cornstarch
- 2 tablespoons butter

Note:

- You can use any combo of fat. Many people like to use half butter half shortening

INSTRUCTIONS

01 Preheat oven to 400F. Mix the flour and salt in a large bowl. Cut your lard, butter or shortening in cubes and then cut into the flour mixture using a pastry blender or two knives until you have pea sized crumbs. In a measuring cup mix the beaten egg and vinegar, then add enough ice water to get to 1 cup measure. Add liquid to crumb mixture and mix just until combined (do not overmix)

02 Refrigerate dough while preparing filling. For filling mix all the ingredients in a bowl except the butter. Set aside while rolling pastry.

03 On a floured surface roll a circle of dough to 1/4 inch thick and place in your pie dish. Spoon in the filling, this way you can control the amount of liquid in it. Dot the butter over the top of the filling. Roll a top crust and place on top of the filling. Crimp the edges and cut some holes in the top crust to vent.

04 Bake in 400F oven for 20 min. Turn the temperature down to 350F and bake for another 25-30 minutes or until crust is browned. Let cool 3 hours at room temp before serving



STRAWBERRY ICE

INGREDIENTS

- 4 cups pureed strawberries
- 1 1/2 cups icing sugar
- 1 lemon, juiced

Notes:

- It usually takes around 1.5 quarts of whole strawberries to get 4 cups puree
- You can substitute any berry in this recipe or use a variety of berries, just adjust the sugar content to taste.

TIPS

This recipe is a great way to use up over ripe or slightly mushy berries

INSTRUCTIONS

01

Wash and hull strawberries. Puree using a blender or food processor. If pureeing by hand you can use a food mill or crush with a potato masher. Pass the puree through a fine sieve to remove seeds.

02

Place 1/3 of the puree in a bowl and stir in icing sugar until dissolved. Whisk this mixture into the remaining berries with half of the juice of the lemon. Taste and adjust lemon juice and sugar to taste.

03

Spoon the mixture into your choice of popsicle mold and freeze for 8-12 hours. If you don't have popsicle molds you can use (non-glass) cups or ice cube trays and insert a stick when the mixture is partially frozen.

04

Once the strawberry ice is completely frozen remove from the mold and enjoy.



STRAWBERRY SHORTCAKES

INGREDIENTS

Shortcakes

- 2 cups flour
- 1 tablespoon baking powder
- 2 teaspoons of sugar
- 1/2 teaspoon of salt
- 1/2 cup cold butter, cut in small pieces
- 3/4 cup buttermilk

Strawberries & Whipped Cream

- fresh Ontario strawberries, sliced
- 1 cup whipping cream
- 1 tablespoon sugar
- 1/4 tsp vanilla extract

TIPS

Shortcakes are sweet biscuits. If you don't feel like making your own biscuits you can buy the refrigerated or frozen ones and brush the top with some melted butter and sprinkle on some sugar after baking them.

INSTRUCTIONS

01

Preheat oven to 400F. Mix the flour, baking powder, sugar and salt together in a large bowl. Add the butter to the flour mixture. Use a couple of knives or a pastry blender to cut the butter into the flour until the mixture looks like large crumbs. Add the milk and mix until the dough is smooth.

02

Roll out the dough to 1/2 inch thick and cut into circles. Bake in a 400F oven for 10 to 15 minutes or until the biscuits are brown.

03

Add the whipping cream, sugar and vanilla to a bowl and whip with an electric mixer or whisk until medium peaks form.

04

When biscuits are done, split in half and top with sliced strawberries and whipped cream.



EDWARDIAN STRAWBERRY WATER

INGREDIENTS

- 1 quart fresh Ontario strawberries
- 1 cup white sugar
- 1 lemon, juiced
- cold water

Notes:

- If you can't use fresh Ontario strawberries, use thawed frozen strawberries. The California strawberries you can get all year long at the grocery store do not have enough flavour to use in this recipe

TIPS

Use sparkling water instead of still water in the third step of the recipe to make a natural soda

INSTRUCTIONS

01

Wash and hull strawberries. Mix with the sugar and mash with a wooden spoon or potato masher until pureed.

02

Add 1 cup of water to the mixture and pour through a fine sieve. Discard the pulp in the sieve.

03

Put your strawberry mixture into a large jug and add the juice of the lemon and 4 cups cold water. Stir and add more sugar to taste if you choose

04

Serve strawberry water in glasses over ice with a small strawberry in each glass.



OLD FASHIONED STRAWBERRY ICE CREAM

INGREDIENTS

- 1 quart fresh Ontario strawberries
- 1 1/4 cups white sugar, separated
- 2 cups heavy whipping cream
- 1/2 teaspoon vanilla extract

Notes:

- You can adjust the sugar amount to your taste

TIPS

If you can't find fresh Ontario strawberries you can use frozen berries, just mix with sugar and thaw overnight in the fridge

INSTRUCTIONS

01

Wash and hull strawberries and mix in a bowl with 1/4 cup white sugar. Cover and refrigerate overnight.

02

Crush strawberries using a blender, food processor, food mill or by hand with a potato masher or fork.

03

Add the cream, sugar and vanilla to the mashed strawberries and mix well. Add the mixture to your ice cream maker and follow its instructions. See below if not using an ice cream maker.

04

To make without an ice cream maker place in the freezer for 30 mins. Remove and beat with an electric mixer for 2 min or whisk for 10 min. Place back in freezer and freeze until solid.



OLD FASHIONED STRAWBERRY JAM

INGREDIENTS

- 1 quart fresh Ontario strawberries
- 4 cups white sugar
- 1/4 cup lemon juice

Notes:

- When making jam without adding pectin using just ripe fruit is better. As fruit ripens the amount of pectin decreases.

TIPS

Using a candy thermometer will make it easier to know when the cooked jam is ready. You can also place a plate in the freezer and when you think the jam is done place a spoonful on the plate. If it jels on the plate, the jam is ready. If it stays runny you need to cook it longer.

INSTRUCTIONS

01

Wash and hull strawberries and put in a heavy bottomed sauce pan. Add the sugar and lemon juice.

02

Put the mixture over medium-high heat and boil for 30 min or until the temperature is 220F. Stir regularly and check to make sure the mixture is not burning.

03

Once the mixture has reached 220F fill your prepared mason jars, leaving a 1/4 inch of head space at the top of the jar. Use a wooden or plastic spoon to remove any visible air bubbles in jam if you are canning them.

04

If you are going to eat your jam right away you can store it in the fridge. If you plan to store it longer process your jars in a water bath canner for 15 minutes.