

Buttermilk Biscuits

Why use buttermilk? The acidity, in conjunction with leavening agents, help the dough rise. Why square biscuits? Handling the dough can make it tough, when you don't re-roll scraps, you keep the biscuits tender. And lastly, why White Lily flour? White Lily flour is a low protein made from soft wheat and has less gluten. Fun fact...if you make them really big, they are called Cat Head Biscuits. If you make them this size, add a few minutes on to the baking time.

INGREDIENTS:

2 cups White Lily AP flour (best choice) or cake flour (Don't use King Arthur AP flour as it is higher in protein, also store brand AP flour is always lower in protein)

1 teaspoon salt

3 teaspoons baking powder

1 teaspoon baking soda

5 Tablespoons (2.5 ounces) of chilled butter or lard

$\frac{3}{4}$ -1 cup of chilled buttermilk

INSTRUCTIONS:

- Preheat the oven to 450.
- Mix the dry ingredients together in a bowl. Cut the chilled (or frozen) fat into tiny chunks and drop them into the dry ingredients. Using your hands, mix in the butter or lard quickly until it is mostly blended into the flour. Leave a few pea sized or smaller chunks of fat.



- Stir in the chilled buttermilk just until it forms a ball:



- Turn the dough out onto a lightly floured surface and knead it just a few times until it is mixed well. Do not over mix it or you will activate the gluten. Knead it no more than 5 times.
- No need to roll out and then re-roll the scraps, this can make the biscuits a little tough. Simply form it into a rectangle and cut the dough into 8 squares (for large biscuits for sandwiches, 10-12 for smaller biscuits). If you decide to roll out and cut into circles, be sure you don't 'twist' the cutter as this will impede the rise on your biscuits. Use the sharpest cutter you have.



- Place into a cast iron pan and bake for 14-18 minutes.



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