

Homemade Biscuits

I think everyone should know how to make biscuits and quick breads. They should be slightly moist, tender, light and flaky, satisfying and delicious. Biscuits are wonderful with soups, main course salads and stews! I made a discovery years ago out of necessity. Being absolutely slammed at work, we had to bake & freeze them; then thaw them out and reheat for about 10 minutes at 350. Worked great!

The Basic “Tea Biscuit”

Makes about 10 – 12 biscuits

2 cups unbleached flour
4 tsp. baking powder
½ tsp. salt
¼ cup shortening (I now use butter or you could use non-hydrogenated shortening)
1 cup milk

My Basic “Tea Biscuit”

I love baking with buttermilk, it gives a lovely crumb and taste.

1 cup each unbleached flour and wholewheat flour
2 tsp. baking powder
½ tsp. salt
½ tsp. baking soda
¼ cup butter
1 cup well shaken buttermilk

Preheat oven to 450 F.

Mix together flour, baking powder and salt. If making buttermilk biscuits add the baking soda to the flour mixture. Cut in the fat using a pastry blender or you can do this step in the food processor, until mixture is the consistency of coarse cornmeal. If using a processor, remove the flour mixture to a bowl. Make a well in the centre of these ingredients; add liquid slowly. When all has been added, stir dough rather vigorously until it comes away from the side of the bowl. You may find a bit more liquid is required so add a tablespoon at a time until dough comes together. Remove dough onto a lightly floured surface and knead “gently” for 8 to 10 times. Roll out with a rolling pin or pat out to about ½” thickness. Cut dough with a 2” floured biscuit cutter; place on a baking sheet that has been lined with baking parchment. Place in the oven and bake for 12 – 15 minutes until golden brown. Remove from baking sheet and serve. Butter and jam anyone?

Two Variations:

You can add 1/2 cup grated old cheddar cheese. Just decrease the butter to 3 Tbsp. & cut in the cheese with the butter.

Cinnamon Rolls: Need a cinnamon bun or roll in a hurry? We enjoy these for breakfast now and again on a Sunday morning with coffee and a newspaper, in bed of course! The mouthwatering scent of cinnamon, brown sugar and butter baking away, ready to enjoy in less than 1/2 an hour, bliss!

Roll out the biscuit dough; spread with 1/4 cup very soft butter; sprinkle with 1/3 cup brown sugar, sprinkle with cinnamon to taste and chopped nuts (optional but good). Gently roll up the dough like a jelly roll; cut into 3/4 "slices. Place on a baking pan lined with baking parchment and bake as above, until golden brown. Cool 5 minutes.