

Maine Arts Camp

2013

Recipe Name: Biscuits

Chef: Charlie Limoggio C.E.C.

Servings: 12

Yield:

Quantity	Unit	Ingredient Name	Prep Notes
2	cups	All-purpose flour	
4	tsp	Baking powder	
1/4	tsp	Baking soda	
3/4	tsp	salt	
1	ounce	Unsalted butter	
1	ounce	Shortening	Such as Crisco
1	cup	Buttermilk	

1. Preheat oven to 450 degrees
2. In a large mixing bowl, combine flour, baking powder, baking soda and salt. Using your fingertips, rub butter and shortening into dry ingredients until mixture looks like crumbs. (The faster the better, you don't want the fats to melt.) Make a well in the center and pour in the chilled buttermilk. Stir just until the dough comes together. The dough will be very sticky.
3. Turn dough onto floured surface, dust top with flour and gently fold dough over on itself 5 or 6 times. Press into a 1-inch thick round. Cut out biscuits with a 2-inch cutter, being sure to push straight down through the dough. Place biscuits on baking sheet so that they just touch. Reform scrap dough, working it as little as possible and continue cutting.
4. Bake until biscuits are tall and light gold on top, 15 to 20 minutes.

Notes: Courtesy of the Food Network & Alton Brown

For buttermilk if not available-place 1 teaspoon white vinegar in measuring cup and fill to 1 cup line with milk and allow to sit for 10 minutes. When cutting biscuits, do not twist the biscuit cutter, this seals the edges and limits the rise in the oven