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KITCHEN KNEADS

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Buttermilk Biscuits

Makes 12 biscuits

Warm, flaky, buttermilk biscuits served with a drizzle of honey or spot of jam (and, of course, a side of fried chicken) are one of the simple pleasures of life. This recipe takes only a few minutes to mix, and makes high-rising, perfect biscuits every time!

Dry Ingredients:

3 cups flour
2 tablespoon sugar
1 tablespoon + 1/2 teaspoon baking powder
3/4 teaspoon cream of tartar
3/4 teaspoon salt

3/4 cup vegetable shortening

Wet Ingredients:

1 egg, beaten
3/4 cup buttermilk

Directions:

1. In a large bowl, combine the dry ingredients and stir until evenly distributed. Next, mix the shortening into the dry ingredient mix with a pastry blender until a coarse crumb, (with some pea-sized pieces remaining) is formed.
2. Whisk the egg into the buttermilk. Add the wet ingredients to the flour-shortening mixture with a spoon until just combined -- it will be a shaggy mass at this point. Knead 8-10 times just until it comes together in a rough dough ball. Be sure to not over mix the dough.
3. Roll the ball out to a 1-inch thick slab. Using a biscuit cutter, cut out (10 to 12) 2-1/2" biscuits. Bake at 450 degrees F for 15 min, or until the tops are golden.