

Booked with the Cook LIVE: Buttermilk Biscuits

with Rachel Simmons, Archivist
Winter Park Library

CENTER FOR Health & Wellbeing

Ingredients & Instructions Inside!

Winter Park Health Foundation



Pauline's Southern Biscuits

Ingredients:

Servings: 8

- 2 cups sifted self-rising flour
- 2-1/2 teaspoons baking powder
- 3/4 teaspoon salt
- 6 tablespoons butter
- 3/4 cup buttermilk
- 1 tablespoon sugar

Instructions:

Cook Time: 30-45 min

STEP 1:
Preheat oven to 425 degrees F.

STEP 2:
Sift dry ingredients together.

STEP 3:
Cut in shortening until mixture looks like course meal.

STEP 4:
Add buttermilk and stir gently to blend.

STEP 5:
Once the mixture barely holds together, turn onto a lightly floured work surface and fold onto itself.

STEP 6:
Roll mixture with a rolling pin and refrigerate or freeze until very cold.

STEP 7:
Fold mixture once more, rolling out and placing back in the freezer or refrigerator until very cold.

STEP 8:
Cut into rounds and place on parchment lined baking sheet.

STEP 9:
Bake for 10 - 20 minutes. Serve warm with butter.



Donna's Cathead Biscuits

Ingredients:

Servings: 2

- 3 - 5 cups of self-rising flour
- 1 - 2 cups buttermilk
- 1 - 2 teaspoons baking powder
- vegetable oil - enough to coat the bottom of a cast-iron skillet

Instructions:

Cook Time: 30 min

STEP 1:
Preheat oven to 425 degrees F.

STEP 2:
Sift flour and baking powder into mixing bowl. Create a well in the flour. Final amounts will be determined by the size of cast-iron skillet.

STEP 3:
Pour enough vegetable oil into the skillet to heavily cover the bottom. Pick up the skillet and swirl around to coat the sides.

STEP 4:
Pour the rest of the vegetable oil into the well.

STEP 5:
Pour the buttermilk into the well and mix gently until combined. Mixture should be like a very thick pancake batter.

STEP 6:
Make a small pile of flour on a work surface, spoon a large dollop of the mixture into the pile of flour.

STEP 7:
With well floured hands, carefully form the biscuit into the desired shape. Drop into cast-iron skillet.

STEP 8:
Pat the top of each biscuit with some oil for browning.

STEP 9:
Bake for 10 - 20 minutes until golden brown. Serve warm.