

Buttermilk Biscuits

Ingredients:

- 10 Tbsp. butter (divided)
- 2 $\frac{1}{2}$ cups (12.5 oz.) flour + $\frac{1}{3}$ cup flour
- 1 Tbsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- 1 tsp. salt
- 2 Tbsp. shortening (Crisco)
- 1 $\frac{1}{4}$ cups buttermilk

Equipment:

- Non-stick spray
- Scraper
- 3" circle cutter
- Cooling rack



<input checked="" type="checkbox"/>	Directions	Time (min)	Time (min)
	Adjust oven rack to lower-middle. Preheat oven to 450		15
	Cut 8 Tbsp. butter into 1/8" slices and lightly flour	2	
	Place floured butter in a dish in the refrigerator	5	
	Whisk together the flour, 1 Tbs. baking powder, 1/2 tsp. baking soda and 1 tsp. salt	2	
	Cut shortening into 1/2" chunks	1	
	Add shortening to flour. Break up chunks with fingers into pea-size	2	
	Add chilled butter to flour. Press butter into nickel-sized floured pieces. Toss in flour to coat.	3	
	Place flour and butter mixture in the freezer		15
	Melt 2 Tbsp. butter and let cool	1	
	Spray 24" square of counter with non-stick spray. Spread evenly with paper towel	1	
	Sprinkle 1/3 cup flour on the counter. Press with palm to make a thin layer	1	
	Add 1 cup plus 2 Tbsp. buttermilk to chilled flour-butter mixture	2	
	Stir briskly with a fork until a sticky ball forms and all the flour is incorporated	1	
	Transfer wet dough to center of floured counter	1	
	Coat hands with flour and bring dough together in a cohesive ball	1	
	Pat dough into a 10" square. Roll into 18" x 14" x 1/4" rectangle	2	
	Use a scraper to fold dough into thirds. Fold into thirds again from the long end. Create a 6" x 4" rectangle	2	
	Roll into 18" x 14" x 1/4" rectangle. Fold into thirds twice as before.	2	
	Roll dough into a 10" square, 1/2" thick	1	
	Flip dough over. Using a 3" circle cutter. Press and cut 9 biscuits. Dip cutter in flour between cuts. Do not twist	2	
	Flip biscuits and place on ungreased baking sheet	1	
	Brush biscuits with melted butter	1	
	Bake without opening oven door until golden brown	16	
	Place on cooling rack	7	
	Total	69	