

Homemade Biscuits

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Troup TX

Two cups of all-purpose flour
1 tablespoon of baking powder
½ teaspoon of salt
4 tablespoons of butter, cold
4 tablespoons of vegetable
shortening, cold
¾ cup of butter milk

Preheat the oven to 450 degrees.

Mix all the dry ingredients together. Cut the stick of butter into pieces, and work into the flour mixture with your hands or a pastry blender until it resembles pea-sized crumbs. Add the liquid, mixing until a bit loose and sticky.

Pour dough out on a floured surface and knead for a minute or less. Dough should be smooth and no longer wet. You can sprinkle more flour on the surface if you find it's sticking.

Form the dough into a ball, and hit it with a rolling pin, turning it and folding it in half every few whacks. Do this for a couple of minutes.

Pat dough out with hands until ½" inch thick (or slightly thicker depending on preference). Using a round cutter (can use a glass if don't have a biscuit cutter) dipped in flour and cut out biscuits. Place in a greased 8" or 9" square baking pan and bake for 15 minutes or until the tops are golden brown.

Makes 10-12 biscuits depending on size.

If you don't want to roll and cut them out, after mixing the dough you can drop it onto a baking sheet with a spoon. (In the south these would be known as cat head biscuits) but they're no less delicious. (My mom never did this, but my aunt does it this way. We always ate the biscuits with butter unless we had ribbon cane syrup which we'd pour on them (after being buttered).