



YOUNG BAKER'S APPRENTICE LAB

HOMEMADE BISCUITS

Yield: 12 2-inch biscuits

Ingredient	US Volume	US weight in Ounces	Metric g
Panhandle White Wheat All Purpose Flour OR All-Purpose Flour	2 Cups	8 ½	240
Butter or Shortening, cool	½ cup	4	113
Salt, granulated	½ tsp.		3
Baking Powder	2 Tbsp.		24
Milk or Buttermilk (liquid measuring volume)	1 Cup	8	227

EQUIPMENT:

- Half-sheet baking sheet pan
- Dry measuring Cups and Spoons
- Liquid measuring cup
- Kitchen Scale (if weighing)
- Rolling Pin
- Biscuit Cutter (2 inch)
- Butter knife with a straight back
- ½ gallon mixing bowl

DIRECTIONS:

- Preheat your oven to 450°F.
- Wash and sanitize work surface, hands and tools before using.
- Carefully measure all the ingredients.
- For Flour and Dry ingredients, gently scoop the flour into the measuring cup. With the flat side of a butter knife, gently scrape off any extra flour so that the cup is completely flat, but full.
- For the shortening, with a butter knife, gently press the shortening into the cup, being careful to remove any air bubbles in the cup so that it is completely full. Or, use pre-measured cubes of shortening or butter. 1/2 cup is equal to 8 Tbsp.
- For measuring liquid, be sure to use a liquid measuring cup with the graduated measurements on the side. Measure on a flat surface and make sure the liquid comes up to the line completely.
- Measuring the baking powder, make sure the measuring spoon is completely full. Scrape off any extra baking powder on the baking powder container or with a knife. It should be flat.
- Measuring the salt, make sure it is also flat with the spoon.
- Mix the dry ingredients in a half-gallon sized bowl by stirring well with a spoon.
- Combine the shortening or butter with the dry ingredients, being sure to completely clean out the measuring cup.
- Mix until the shortening has been cut into tiny pieces, the size of a pea. This can be done with a fork, pastry blending tool, or with your hands. Using your hands is our favorite. Gently rub the flour and shortening between your hands until it flakes and blends. The shortening pieces should be very small.
- Add the liquid to the dry ingredients. First, make a small well in the middle of the flour/shortening mixture. Add milk or buttermilk to the flour/shortening mixture. Mix very gingerly until a light dough is formed.
- Flour your work surface very well. Take a moment to draw a picture in the flour with your fingers.
- Knead the dough 4-5 times, folding it like a book.
- Roll out the dough on a floured counter top 1 inch thick in a rectangle.
- Cut into biscuits, leaving as little space as possible between biscuits. We used a 2-inch cutter for larger biscuits.
- Carefully tear away the biscuits from the rolled dough.
- Place on ungreased baking sheet about an inch apart from each other. A dozen should fit on a half-sheet pan. Do not eat raw dough.
- Bake on the middle rack of the oven for 15-20 minutes.
- While biscuits are baking, wash and sanitize all your measuring tools, work surfaces and hands.
- Remove the biscuits from the oven with a hot pad and place on a heat-safe surface or cooling wire rack. Allow to cool 10 minutes before eating.