Beginner Cream Biscuits

Description

This recipe breaks all the rules of Southern biscuit making; there's no shortening to cut in, and you don't even roll out the dough. The results are remarkable and even a novice can turn out fluffy, perfect biscuits in minutes.



Summary

Yield: 16
Prep Time: 30 minutes
Category: Breads
Cuisine: American

Ingredients

- 2 cup plus 2 TBsp homemade self rising flour
- 1 1/4 cup heavy cream divided

Instructions

1. To make the cream biscuits, preheat the oven to 450°F (232°C). Adjust the oven rack to one of the top positions, setting the rack one shelf above the middle shelf, but not so close to the top of the oven that the biscuits will bump into it as they rise.

2. For a soft exterior, select an 8- or 9-inch cake pan, pizza pan, or ovenproof skillet. The biscuits will nestle together snugly, helping each other stay tender but rise while baking. Brush the pan with butter.

For a crisp overall exterior, select a baking sheet or large baking pan where the biscuits can be spaced wide apart, allowing air to circulate and creating a crisp exterior. Brush the pan with butter.

3. Fork-sift or whisk 2 cups of the flour in a large bowl. Make a deep hollow in the center of the flour with the back of your hand. Pour 1 cup of cream into the hollow and stir with a rubber spatula or large metal spoon, using broad circular strokes to quickly pull the flour into the cream. Mix just until the dry ingredients are moistened and the sticky dough begins to pull away from the sides of the bowl. If there is some flour remaining on the bottom and sides of the bowl, stir in 1 to 4 tablespoons of the reserved cream, just enough to incorporate the remaining flour into the shaggy, wettish dough. If the dough seems too wet, use more flour when shaping.

4. Lightly sprinkle a cutting board or other clean surface with some of the reserved flour. Turn the dough out onto the board and sprinkle it lightly with flour. Flour your hands and then fold the dough over in half. Pat the dough into a round about 1/3- to 1/2-inch-thick, using a little additional flour if the dough is sticky. Fold the dough in half a second time. If the dough is still clumpy, pat and fold it a third time.

5. Pat the dough into a 1/2-inch-thick round for a normal biscuit, 3/4 inch thick for a tall biscuit, and 1 inch thick for a giant biscuit. Brush off any visible flour from the top. Dip a 2 1/2-inch biscuit cutter into the reserved flour and cut out the biscuits, starting at the outside edge and cutting very close together, being careful not to twist the cutter. Re-flour the cutter after each biscuit. (The scraps may be combined to make additional biscuits, although these scraps make tougher biscuits.)

6. Using a metal spatula, move the cream biscuits to the pan or baking sheet. Bake the biscuits for 6 minutes, then rotate the pan so the front is now turned to the back. If the bottoms are browning too quickly, slide another baking pan underneath to add insulation. Continue baking another 4 to 8 minutes until the cream biscuits are lightly golden brown. When the biscuits are done, a total of 10 to 14 minutes, remove from the oven and lightly brush the top of the biscuits with softened or melted butter. Turn the biscuits out upside down on a plate to cool slightly. Serve hot, right side up.

Notes

One last flour fact. Because we know self-rising flour isn't necessarily a must in everyone's pantry, we wanted to share

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how to make your own self-rising flour via a very easy equation: 1 cup of self-rising flour = 1 1/2 teaspoons baking powder + 1/2 teaspoon salt + 1 cup all-purpose flour. [In case you haven't a calculator handy, when you do the math for this recipe, that equates to 1 tablespoon of baking powder + 3/4 teaspoon salt + 2 cups plus 2 tablespoons all-purpose flour. You're welcome.]

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