

# Week 2: Biscuits with Cream or Butter

## SERVINGS

10 biscuits

## TIME

1 hour

## INGREDIENTS

### *Biscuits*

- 2 cups all-purpose flour
- 2 tablespoons sugar
- 2 ½ teaspoons baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- 1 stick unsalted COLD butter
- 1 cup buttermilk

### *Cream or Butter*

- 1 cup heavy cream
- 1 teaspoon salt (if you want to make butter)
- 2 teaspoons sugar + ½ teaspoon vanilla (if you want to make whipped cream)

## EQUIPMENT

- Baking sheet (with parchment, optional)
- Cutting board
- Bench scraper or butter knife
- Round biscuit cutter or kid-size drinking cup
- Large bowl
- Spatula
- Liquid and dry measuring cups and measuring spoons
- Cereal spoon (2) and butter knife
- Jar with lid (Jelly jar works well, should be able to hold 1 cup liquid with room to spare.)

## DIRECTIONS

### *Biscuits*

- Preheat oven to 400° degrees.
- Mix flour, sugar, baking powder, baking soda, and salt together in a large bowl using a spatula.
- Use a bench scraper or butter knife to cut the butter into small pieces, the size of a marble or peanut M&M.
- Add butter to the flour mixture and toss with your hands to coat, using your thumb and pointer finger. Do not allow the butter to melt. (Do not squeeze the dough with your hands, or it will get warm.) Add the buttermilk and mix with a rubber spatula just until the dough forms.
- With a lightly floured hand, gather dough into a ball and knead it gently against the sides and bottom of the bowl for 1-2 minutes. Put the dough on a cutting board and press to about 1" thick.
- Lightly flour the biscuit cutter or drinking cup and cut dough into circles. Reuse extra dough and repeat.
- Place biscuits on a baking sheet at least 1 inch apart and bake 15 minutes, until golden brown on top.

### *Cream or Butter*

- Pour heavy cream into the jar. If you want to make butter, add the salt. If you want to make whipped cream, add the sugar and vanilla. Tightly close the jar.
- Shake! First, the liquid will turn into cream. If you keep shaking, it will separate into butter and buttermilk! Be patient!

## EXTRA!

- Over-handling the dough will make the biscuits tough.
- Add ½ cup grated cheese and crumbled bacon to the batter to make cheesy-bacon biscuits.

