



EASY FLOUR BISCUITS

March 20

World Flour Day

INGREDIENTS

- 4 Cups Enriched, All-Purpose Self-Rising Flour
- 1 Stick Salted Butter
- 2–2 ½ Cups Cold Whole Milk or Buttermilk
- 2 Tablespoons Melted Butter
- 1 Tablespoon Oil

DIRECTIONS

1. First, place a large mixing bowl, box grater, biscuit cutter, flour, and 1 stick of butter into the freezer for 15 minutes.
2. Next preheat your oven to 425° and place a large cast-iron skillet into the oven to preheat.
3. In a large, chilled mixing bowl, add 4 cups of self rising flour and set aside. Working quickly, grate your frozen butter and add into your flour. Stir together until evenly combined.
4. Next, add in 2 cups of milk or buttermilk and stir until just combined. If the dough seems too dry, add additional milk until the dough forms. The dough will be lumpy and tacky to the touch.
5. Turn the dough out onto a lightly floured surface and press out until it's ¾" thick. Next, fold the dough to create layers in your biscuits. Fold the dough over half-way, push out again, fold over, and repeat 2-3 times.
6. Next use a rolling pin and roll the dough smooth back out to ¾" thick. Use a large biscuit cutter to cut out 8-10 biscuits. Make sure you avoid twisting the biscuit cutter, and instead firmly press the biscuit cutter down into the dough and pull up straight to ensure your biscuits will rise nice and high.
7. Carefully remove the cast iron skillet from the oven and add oil to evenly coat the pan on the bottom and sides. Place the biscuits into the hot skillet right beside one another, and if desired brush the tops with melted butter using a pastry brush.
8. Bake the biscuits for 15 minutes or until they are golden brown.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

10 Biscuits

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Biscuit	½ Biscuit	1 Biscuit	1 Biscuit