

Biscuits - Buttermilk Biscuits

Mary Lea's

2 cups sifted all-purpose flour

1 tbsp. baking powder

1 tsp. salt

½ teaspoon baking soda

1/3 cup butter

3/4 cup low-fat buttermilk

1. Preheat the oven to 450°F. In a large bowl, sift the flour, baking powder, salt, and baking soda. Using a pastry blender or tonight is, cut in the shortening and butter until the mixture resembles coarse crumbs. Using a wooden spoon, stir in the buttermilk; mix just until a soft dough forms.

2. Knead for 30 seconds on a lightly floured surface, then pat or roll into a 12 Inch circle, ¾ inch thick. Using a 2 in. biscuit cutter (preferably a fluted one), cut into 18 biscuits, re-rolling the scraps of dough as you go.

3. Place 2 in. apart on an ungreased baking sheet; brush the tops with additional buttermilk, if you wish. Bake for 12 minutes or until golden brown. Makes 1 ½ dozen biscuits