

Touch of Grace Biscuits

Bread Bible

BAH Note: I'm presenting the all purpose flour version of this recipe. RLB specifically highlights using bleached all purpose flour for the biscuits but she doesn't say why in the recipe. I'm pretty sure that my flour was unbleached but who the heck knows.

- 1 1/2 cups bleached all purpose flour
- 1 cup cake flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 3 tablespoons sugar
- 3 tablespoons vegetable shorting, cold and cut into small pieces
- 1 1/4 cups heavy cream, butter milk, or a combination of the two
- 1 cup bleached all purpose flour (not self rising)
- 1 tablespoon butter, melted and cooled

Place an oven rack in the middle position. Place a baking stone or sheet pan on the middle rack and heat the oven to 475 degrees for 30 minutes.

Whisk together the first five ingredients (1 1/2 cups flour through sugar) in the work bowl of a stand mixer fitted with a paddle attachment. Add the cold shortening and mix on low until all the shortening is worked into the flour in pea sized pieces.

With the mixer still on low, add the liquid and mix until the dough is just combined. The dough will be very soft and wet. Let it sit in the bowl for 2 to 3 minutes.

Meanwhile, spray an 8 or 9 inch cake pan with nonstick cooking spray and set aside.

Place the remaining 1 cup of flour in a pie plate, cake pan, or dinner plate.

Using an ice cream scoop, or your hands, scoop up a portion of dough and drop it into the flour. Sprinkle it lightly with flour and sprinkle a bit of flour into your hands. Pick up the dough, gently shape it into a round, shake off any excess dough, and place the dough into the prepared cake pan. Be sure to fit them together snugly so that the dough will rise instead of spread. Once all the biscuits are in the pan, brush the tops with the melted butter.

Put the pan of biscuits in the oven on the baking stone or sheet pan. Increase the oven to 500 degrees for 5 minutes then lower it back to 475 and continue to bake for another 10 to 15 minutes until the biscuits are lightly brown and have doubled in size.

Cool the	biscuits	in the	pan	for a	few	minutes	then	empty	them	onto	a plate.	Separate	the
biscuits and enjoy them plain or topped with butter or jam.													

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