

Buttermilk Biscuits

2 cups Martha White or White Lily self-rising flour*

1/4 tsp baking soda

1 tsp sugar, optional

1/4 - 1/3 cup cold solid shortening and/or butter**

3/4 cup plus 2 Tbsp cold whole buttermilk

*Stir flour with a fork before measuring to loosen it, then lightly spoon into metal or plastic dry measuring cup.

**If using all butter, freeze a stick of butter. Remove when ready to use and grate using large holes of box grater. Toss together with flour.

Heat oven to 450 degrees. Lightly grease shiny metal rimmed baking pan.

Sift together the flour, baking soda, and sugar, if using, into a large bowl. Cut in shortening/butter with a pastry blender until the mixture looks like coarse crumbs. Cover; place bowl in refrigerator or freezer for 10 minutes.

Make a well in center of dry ingredients and add buttermilk all at once. Stir with a fork only until a soft dough forms and pulls away from the sides of the bowl. Turn dough out onto a floured surface. Roll dough around to lightly coat it with flour. Knead 10 - 12 times to thoroughly combine ingredients.

Roll or pat dough into a 1/2" thick rectangle. Fold dough in thirds; roll or pat into rectangle again. Fold dough in thirds; roll or pat into rectangle. Repeat once more then roll into 1/2" thick circle or square. Cut with a floured cutter (do not twist the cutter!) or cut into squares using a pizza cutter or pastry scraper. Push together any scraps; roll and cut. Makes 8 - 12 biscuits depending on size.

Place on prepared baking pan with sides lightly touching. Bake for 10 to 12 minutes or until golden brown. Brush tops with melted butter, if desired. Serve warm.