



Vintage Light Biscuits

Ingredients:

3 cups all-purpose, unbleached flour
1 tsp. salt
1/4 tsp. sugar
1/2 tsp. baking soda
4 tsp. baking powder (be sure this is fresh)
3/4 cup vegetable shortening
1 cup buttermilk

Directions:

Preheat oven to 425-degrees.

Sift flour with the salt, sugar, baking soda and baking powder.

With a pastry cutter, blend the shortening into the dry ingredients. It is best if the shortening is cold so that the dough doesn't become greasy. Mixture should resemble coarse meal.

Add the buttermilk and stir with a wooden spoon until dough is well-mixed, approximately one minute.

Turn onto a floured board and knead for a minute longer so all the crumbs are incorporated and dough is smooth. Roll to a thickness of about one-half inch. Cut with a two-inch biscuit cutter, flouring the cutter often to prevent sticking.

Place cut biscuits on a parchment-lined baking sheet and bake in a preheated oven 12 to 15 minutes until biscuits have risen and are slightly golden. Makes about 20 two-inch biscuits. Serve hot with sweet butter and homemade jelly.

NOTE: These biscuits can be made with butter or lard. The taste and color will be different. Regular milk or light cream also can be used, but you must omit the baking soda.

