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| **Baking Powder Biscuits** | | | | | | | | |
| Yield: Complete in **Partners** / Group  Lab Duty: | | | | | | | | |
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| Cookery Principles: | | | 1. | Biscuits should be golden, and bottoms not over-browned | | | | |
|  | | | 2. | Ensure that your source of fat in this recipe is cold! | | | | |
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| **Ingredients:** | | | | | | | | |
|  | |  | | |  | | |  |
| 500 | | mL | | | Sifted Flour | | |  |
| 20 |  | mL | | | Baking Powder | | |  |
| 45 |  | mL | | | Sugar | | |  |
| 5 |  | mL | | | Salt | | |  |
| 60 |  | mL | | | Margarine (chilled) | | |  |
| 60 |  | mL | | | Shortening (chilled) | | |  |
| 125 |  | mL | | | Milk | | |  |
| 1 |  |  | | | Egg | | |  |
| **EQUIPMENT NEEDED:** | | | | | | | | |
| **Method:** | |  | | | | |  |  |
| 1. Preheat oven to 450F. Grease your baking sheet, or lay parchment paper down 2. In a large bowl, combine sifted flour, sugar, baking powder, and salt 3. Using a pastry blender, cut in the butter and shortening until mixture is in pea-sized shapes 4. In a separate small bowl, beat an egg, then add milk. Pour this mixture over your dry ingredients. Using the pastry blender, mix until a soft dough forms 5. Place dough on a *lightly* floured surface and knead 8-10 times. Do not over-knead Pat to 1cm thickness 6. Place on your prepared baking sheet 7. Bake in the hot oven for 12-15mins, or until golden brown 8. Remove the pan to a cooling rack. Carefully turn your biscuits over to prevent over-browning of the bottom crust 9. Serve with butter or jam | | | | | | | | |

1. **Briefly describe the biscuit method.**
2. **What is something you could add to this recipe to make it sweet? To make it savory?**
3. **What other foods could you serve biscuits with to make a complete meal?**
4. **What are two pieces of nutritional information in eggs?**
5. **Why is it important not to over-knead biscuits?**