

Betty's Featherlight Buttermilk Biscuits



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In this video, Betty demonstrates how to make Featherlight Buttermilk Biscuits. These are old-fashioned buttermilk biscuits that are folded several times to obtain light and flaky biscuits.

Ingredients:

- 1 stick (1/2 cup) butter (chilled)
- 2 1/4 cups self-rising flour
- 1 1/4 cups buttermilk
- cooking oil spray

pastry blender or fork to cut 1/2 cup cold butter into 2 1/4 cups self-rising flour, until mixture is crumbly and the consistency of coarse cornmeal. (Quick Tip 96 in bettyskitchen is about cutting butter into flour, if you need to see a demonstration.) Cover with plastic wrap and place in the refrigerator for 10 to 15 minutes. Add 1 1/4 cups buttermilk and stir, just until the flour mixture absorbs the buttermilk. Turn onto a floured surface and knead 6 to 8 times, adding flour, as needed. (Quick Tip 97 in bettyskitchen is about kneading dough, if you need to see a demonstration.) To make these biscuits into flaky, featherlight biscuits, press dough into a rectangle that is 9 inches by 5 inches by 3/4-inch thick. Sprinkle with flour and fold dough into three sections, resembling a folded envelope, beginning with one of the 5-inch ends. Repeat this process two more times, each time beginning with a 9-inch by 5-inch by 3/4-inch shape. (Quick Tip 98 in bettyskitchen is about making featherlight biscuits, if you need to see a demonstration, or you may skip the featherlight process entirely.) Use a rolling pin to roll dough to 1/2-inch thickness on a floured surface. Cut into rounds using a 2-inch biscuit cutter and place the biscuits (touching) on a shallow baking dish that has been sprayed with cooking oil spray. Bake at 450 degrees (F), or until golden. Remove from oven and immediately brush with the 2 tablespoons melted butter. Serve immediately. These are great with jelly or preserves, and also with sausage or other gravies. I will be making a special gravy to go with these biscuits soon! Enjoy!!! Love, Betty