



Buttermilk Biscuits



Image by Erica Gamboa

Warm, buttery, and tender biscuits made with buttermilk and butter. Baked with nuggets of butter in between layers and layers of soft, pillowy dough. They are melt in your mouth delicious and are a great addition to your breakfast or dinner table.

BY ERICA GAMBOA

Servings: 8 to 10 - 2" biscuits | **Difficulty:** Easy

PREP TIME: 20 minutes + **COOK TIME:** 18 to 20 minutes = **TOTAL TIME:** 40 minutes

Kitchen tools you will need:

- Box cheese grater or pastry cutter
- Straight-edge biscuit cutter, about 2"
- Baking sheet or cast iron pan
- Parchment paper
- Non stick spray or oil.

Ingredients

- 2 1/4 cups AP flour, plus a little more for dusting.
- 2 tbsp baking powder
- 2 tsp sugar

- 1 tsp salt
- 1/2 cup unsalted butter (keep in the freezer until ready to use), plus 2 tbsp for melting at the end.
- 1 cup buttermilk (keep in the refrigerator until ready to use)

Directions

- 1 Preheat the oven to 425 degrees.
- 2 In a large bowl, place the flour, baking powder, sugar, and salt and combine well.
- 3 Take the butter out of the freezer and grate it with the box grater, or cut the butter into small pieces using the pastry cutter.
- 4 Combine the butter into the flour using a spoon, evenly distributing the butter into the flour. Try to avoid using your hands for this part, as the heat from your hands will change the temperature of the butter. Incorporate the butter into the flour until the flour has a sandy consistency.
- 5 Create a well in the center of the flour.
- 6 Take the buttermilk out of the refrigerator and slowly add the buttermilk to the well in the center. Pour half to start.
- 7 Using your hands, incorporate the buttermilk into the flour.
- 8 Keep adding buttermilk and combining; repeat this step until you form a ball of dough. The dough should be a little tacky but not too sticky or wet. So only add enough buttermilk until you reach this consistency, always adding a little at a time. You can always add, but you can't take away. This should take about 3/4 cup of buttermilk, depending on the humidity of the flour. Reserve the rest of the buttermilk for later.
- 9 Once the dough reaches the right consistency, place it on a clean, lightly floured surface. Preferably the counter top.
- 10 Gently pull together all of the loose bits of flour with the dough to form a cohesive ball.
- 11 Very gently, with little pressure, pat the dough ball flat and spread it evenly, forming a "3/4"-thick rectangle. Make sure the surface you are working on is floured to avoid sticking. Add a light dusting of flour in between the next steps.
- 12 Using floured hands, take one end of the dough and fold it onto the center, and then the other end as well.
- 13 Turn the dough once counter-clockwise.
- 14 Gently pat and flatten the dough, keeping the rectangular shape.
- 15 Repeat these steps a total of 3 times.
- 16 This step requires patience and a gentle hand. Take your time with the dough. Be gentle and try not to handle it too roughly; you want it to keep its soft and tender texture while you repeat these steps.
- 17 For the final turn, flatten the dough enough so that it is about 3/4" thick.
- 18 Take the biscuit cutter, dust the cutter with flour, and cut into the dough. Do not twist the biscuit cutter; this will seal the edges and not allow the biscuit to rise properly.
- 19 Try to cut the biscuits out as closely as possible to get the most biscuits out of every batch.
- 20 Gently re-roll the scraps of dough until all of the dough is used up.
- 21 Take the cut-out biscuit onto your hand, giving the biscuit one flip so that the bottom side is now the top. Place the biscuits on the baking sheet or cast iron pan, making sure to keep them as close together as possible. Make sure they are touching so that the only way for them to expand is upward.
- 22 *If using a baking sheet, place a piece of parchment paper on a baking sheet.
- 23 *If using a cast iron pan, spray or brush the pan with nonstick spray or oil.
- 24 Brush the tops of the biscuits with the remaining buttermilk.
- 25 Bake for 18 to 20 minutes, or until golden brown on top.
- 26 Remove from the oven and brush with 2 tbsp of melted butter.
- 27 Serve warm or let cool completely before storing in an airtight container or plastic zip-lock bag.

*Biscuits will stay fresh and soft for about 4 to 5 days.

Tips for Serving

Honey butter is a sweet and delicious touch.

For a sweet and delicious touch to these biscuits, try making honey butter to spread on top.

Take 2 tbsp of melted butter and 1 tbsp of honey and combine well. Brush the tops of the biscuits as soon as they come out of the oven.

Nutrition

Nutrition Facts	
Servings: 10	
Amount per serving	
Calories	216
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2.7g	13%
Cholesterol 11mg	4%
Sodium 3934mg	171%
Total Carbohydrate 47g	17%
Dietary Fiber 1.1g	4%
Total Sugars 20.5g	
Protein 2.7g	
Vitamin D 3mcg	14%
Calcium 885mg	68%
Iron 3mg	15%
Potassium 2061mg	44%
<i>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</i>	
Recipe analyzed by verywell	

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