

Baking Powder Biscuits

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*2 cups flour
1/2 teaspoon salt
4 teaspoons baking powder
4 tablespoons shortening
2/3 cup milk or cream*

Preheat the oven to 450 degrees.

In a bowl, mix together the flour, salt and baking powder.

Cut in the shortening until the mixture resembles crumbs.

Add the milk all at one time. Stir hard until the mixture leaves the side of the dish and sticks to a spoon.

Roll the biscuits to the desired thickness. Place on a floured or greased baking pan.

Bake for 10 to 12 minutes.

VARIATION FOR CHEESE BISCUITS: To the basic recipe add 1/2 cup of grated cheese to the dry ingredients.

VARIATION FOR ORANGE BISCUITS: Add the grated rind of orange to the basic recipe. Dip a cube of sugar in orange juice and press into the top of each biscuit.

VARIATION FOR SHORTCAKE: To the basic recipe add two tablespoons of sugar, two tablespoons of fat and one egg. Roll out to 1/3 inch thickness. Cut into the desired shape. Spread with melted butter. Place another piece on top. Bake. Break apart and fill with fresh or canned fruits.

Per Serving (excluding unknown items): 1373 Calories; 54g Fat (35.3% calories from fat); 26g Protein; 195g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 3021mg Sodium. Exchanges: 12 1/2 Grain(Starch); 10 1/2 Fat; 1/2 Other Carbohydrates.