

# Easy Biscuits

Ralph Morris - New Bern, NC

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**Yield: 14 three-inch biscuits**

*2 cups self-rising flour  
1/4 teaspoon baking soda  
dash salt  
2 heaping teaspoons Crisco  
3/4 cup buttermilk*

**Preparation Time: 10 minutes**

**Bake Time: 15 minutes**

Preheat the oven to 450 degrees.

In a bowl, mix the flour, baking soda and salt. Add the Crisco. Cut into the size of large peas with a pastry blender.

Add the buttermilk. Stir until everything sticks together.. The dough should be as moist as can be handled. If necessary, add a little more buttermilk.

Dump the dough onto a well-floured bread board. Knead no more than ten times. (The less you cut, stir and knead, the lighter the biscuits. Roll out to about 3/8 inch thick, using whatever flour is needed to keep from sticking to the board or rolling pin.

Bake until browned as desired, approximately 15 minutes. (For freezing, bake 8 to 10 minutes.)

(Freezes well.)

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Per Serving (excluding unknown items): 959 Calories; 4g Fat (3.9% calories from fat); 31g Protein; 194g Carbohydrate; 8g Dietary Fiber; 6mg Cholesterol; 3682mg Sodium. Exchanges: 12 Grain(Starch); 1/2 Non-Fat Milk; 1/2 Fat.