

Shirley's Touch of Grace Biscuits

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nonstick cooking spray

2 cups self-rising flour (low-protein Southern flour like Tenda-Bake, if possible)

1/4 cup sugar

3/4 teaspoon salt

4 tablespoons shortening

2/3 cup heavy cream

3/4 cup buttermilk (or more, if needed)

1 cup plain flour (low-protein, like bleached all-purpose , for shaping)

2 tablespoons butter, melted

Preheat the oven to 425 degrees. Arrange a shelf slightly below the center of the oven.

Spray an 8- or 9-inch round cake pan with nonstick cooking spray.

In a large mixing bowl, stir together the self-rising flour, sugar and salt. Work the shortening in with your fingers until there are no large lumps. Gently stir in the cream. Stir in the buttermilk until the dough resembles cottage cheese. It should be a sticky mess - not soupy, but thick cottage cheese texture. If you are not using low-protein flour, this may require more than one cup of buttermilk.

Spread the plain (not self-rising) flour out on a plate or pie pan. With a medium ice cream scoop or large spoon, place 3 or 4 biscuit-size scoops of dough well-apart in the flour. Sprinkle flour over each. Flour your hands. Turn a dough ball in the flour to coat, pick it up and gently shape it into a round, shaking off the excess flour as you work. Place this biscuit into the prepared pan. Coat each dough ball in the same way, and place the shaped biscuit smushed up against its neighbor so that the biscuits rise instead of spreading out. Continue scooping and shaping all of the dough.

Place the pan on the arranged shelf in the oven. Bake until lightly browned, about 20 to 25 minutes.

Brush with melted butter. Invert onto one plate, then back onto another. With a knife or spatula, cut quickly between the biscuits to make them easy to separate.

Serve immediately. "Butter em while they're hot", or spread with Cherry-Chambord Butter (see separate recipe).

Yield: 12 biscuits

Per Serving (excluding unknown items): 1391 Calories; 132g Fat (83.7% calories from fat); 3g Protein; 54g Carbohydrate; 0g Dietary Fiber; 277mg Cholesterol; 1892mg Sodium. Exchanges: 1/2 Non-Fat Milk; 26 1/2 Fat; 3 1/2 Other Carbohydrates.