

JENNI MARIE'S TEST KITCHEN

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Fluffy Buttermilk Biscuits

Makes 9-12 biscuits

Equipment Needed:

- Large Mixing Bowl
- Box or Rotary Cheese Grater
- Rubber Spatula or Wooden Spoon
- Kitchen Scale
- Measuring Cups & Spoons
- Pourable Glass Measuring Cup (2 cup)
- Parchment Lined Baking Sheet

Directions:

1). Gather all equipment & ingredients. Combine flour, baking mix, baking powder, sugar, salt, and baking soda in a large mixing bowl. Mix dry ingredients to combine. Next, grate frozen (or very cold) butter using a cheese grater (I use a rotary grater), and mix into the dry ingredients. Pour in the cold buttermilk and mix with a spatula or wooden spoon until a soft, workable dough forms. If the dough seems too sticky to work with, add 1 T. of flour at a time, and work it in with your hands until the dough becomes workable.

- **1.5 C. (210g.) AP Flour** *(plus more if needed)*
- **1 C. (140g.) Baking Mix** *(like Jiffy or Bisquick)*
- **2 t. (6g) Baking Powder**
- **1 T. (13g) Granulated Sugar**
- **1/2 t. (3g) Salt**
- **1/4 t. (2g) Baking Soda**
- **8 T. (112g) Salted Butter** *(frozen & grated)*
- **1 C. Cold Buttermilk** *(make buttermilk by combining 1 C. whole or 2% milk + 1 T. Vinegar OR Lemon Juice. You can also buy buttermilk powder & mix it up as needed)*

2). Turn dough out onto a lightly floured surface. Press or roll the dough out to about 1" thickness, and fold it in half over itself once, and then again. Roll it out again to 1" thickness, and repeat the same folding process (this creates layers). Wrap the dough in plastic wrap and place it in the fridge for about 10-15 minutes while you preheat the oven. Preheat oven to 450°F and prep a baking sheet with parchment paper. Retrieve dough from fridge and return it to your floured surface. You'll want to work quickly during this process so the dough stays cold. Press or roll dough out evenly until it's about 1" thick. Use a biscuit cutter to cut the biscuits out and place them on your prepared baking sheet, about 2 inches apart. Form leftover dough back into a rough circle, fold a couple of times, and roll it back out to 1" thick. Cut more biscuits and continue this process until all the dough is used. Bake for 9-12 minutes or until the tops turn a nice golden brown, turning pan halfway through baking time for even cooking. Check the middle of a biscuit for doneness before serving. Enjoy!

**Here is a great [GF biscuit recipe](#) that I often use when baking Low FODMAP or gluten sensitive.*

