



Angel Biscuits

Author: Bob and Robin Young

Categories: Breads and Pastries

Start to Finish Time: 1 hour 55 minutes

Yield: 8 biscuits

Preparation Time: 1 hour 30 minutes

Description: Might be good as Eggs Benedict instead of English muffins. Very old southern recipe for biscuits. Source: Trisha Yearwood

Ingredients

5 c All-Purpose Flour
1 1/2 t Baking Powder
1 t Baking Soda
1 t Sea Salt
5 T Sugar
1/4 c warm (90 to 110 degrees F) Water
1/2 oz Active Dry Yeast,
2 packs
2 stick salted Butter,
cold, cut into small
squares, plus 4
tablespoons, melted
2 c Buttermilk

Directions

- 1) Preheat the oven to 425 degrees F
- 2) In a large bowl, whisk together the flour, baking powder, baking soda, salt and 3 tablespoons of the sugar.
- 3) In a small bowl, combine the warm water with the yeast and the remaining 2 tablespoons sugar; stir until the yeast is dissolved. Let stand until bubbles appear, 2 to 3 minutes.
- 4) Using your hands, mix the 1 cup cold butter into the flour, breaking the butter into small pebbles, until the mixture resembles coarse meal. Make a well in the center and add the buttermilk and the yeast mixture. Gently fold the flour into the wet ingredients. Keep mixing until a ball starts to form, then gently knead, 12 to 15 times, to create a smooth dough. Cover with a cloth or plastic wrap and let rise in a warm place for approximately 1 hour.
- 5) Transfer the dough to a lightly floured work surface and press out to 1- to 1 1/2-inches thick. Fold the dough in half, press again to 1- to 1 1/2-inches thick, and then fold again. Cut the dough using a 2- to 3-inch round biscuit cutter, depending personal preference. Brush the bottom of a cast-iron skillet with some of the melted butter. Place the biscuits in the skillet; brush the tops with melted butter.
- 6) Bake until golden brown, 18 to 22 minutes, depending on size. Brush again with melted butter and serve immediately.