

Rolled Biscuits

BAG OF SELF-RISING FLOUR (WHITE LILY FLOUR)

PINCH OF BAKING SODA

5 TBSP. COLD BUTTER (IN THIN PIECES)

OR: 1/4 CUP CRISCO SHORTENING

**2/3 – 3/4 CUP BUTTERMILK FOR FOR LIGHTER
BISCUITS USE (SWEET MILK) REGULAR MILK.**

Use Hand and press all flour against the sides and bottom of a large bowl. I typically use the outside of my fist. Once packed well add shortening and milk. Use hand and blend the shortening and milk together well with your fingers. Begin rotating milk/shortening mix in bowl. It will begin to loosen the flour causing it to blend in. Continue doing this while squeezing dough through fingers until it is at the right consistency. This cannot be told in a recipe; you must watch the YouTube tutorial and practice until you get it right. Watch video to see how to roll the biscuits in your hands before placing them in a greased iron skillet or bread pan.

Bake at 450 degrees until golden brown. Approx. 20-25 minutes.

Flip biscuits upside down when removing them from oven to keep from sweating on the bottom.