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Buttermilk Biscuits

By The Canadian Living Test Kitchen

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This biscuit dough forms the base of many delectable rolled and shaped creations. Speedy enough to make for breakfast, you can stir up a batch even more quickly by measuring out the dry ingredients the night before.

This recipe makes 12 servings



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Ingredients

- 2-1/2 cups (625 mL) [all-purpose flour](#)
- 2 tbsp (25 mL) [granulated sugar](#)
- 2-1/2 tsp (10 mL) [baking powder](#)
- 1/2 tsp (2 mL) [baking soda](#)
- 1/2 tsp (2 mL) [salt](#)
- 1/2 cup (125 mL) cold [butter](#), cubed
- 1 cup (250 mL) [buttermilk](#)
- 1 [egg](#)

Preparation:

Line rimless baking sheet with parchment paper, or grease; set aside.

In bowl, whisk flour, sugar, baking powder, baking soda and salt. Using pastry blender or 2 knives, cut in butter until in coarse crumbs. In small bowl, whisk buttermilk with egg; add to flour mixture and stir with fork to make soft dough.

With lightly floured hands, press dough into ball. On lightly floured surface, knead gently 10 times. Pat into 3/4-inch (2 cm) thick round. Using 2-1/2-inch (6 cm) floured round cutter, cut out rounds. Place on prepared baking sheet.

Bake in centre of 400°F (200°C) oven until golden, 12 to 15 minutes. *(Make-ahead: Let cool. Store in airtight container for up to 1 day or wrap individually in plastic wrap and freeze in airtight container for up to 2 weeks.)*

Additional Information:

- **Variations**



Buttermilk Biscuits and Blueberry Muffins
Photography by Yvonne Duivenvoorden

Nutritional Info

Per biscuit:	
about	-
cal	186
pro	4 g
total fat	9 g
sat. fat	5 g
carb	23 g
fibre	1 g
sodium	303 mg
% RDI:	-
calcium	5%
iron	9%
vit A	8%

Caramel Apple Biscuits: When adding buttermilk mixture to flour mixture, add 1 apple, peeled, cored and chopped, and 1/3 cup (75 mL) toffee bits or raisins. Brush unbaked tops with 1 beaten egg; sprinkle with 1/2 tsp (2 mL) granulated sugar.

Quick Cinnamon Pinwheels: Roll out dough to 10- x 6-inch (25 x 15 cm) rectangle. Spread with 2 tbsp (25 mL) softened butter, leaving 1/2-inch (1 cm) border at 1 long side. Sprinkle with 1/4 cup (50 mL) packed brown sugar and 1 tsp (5 mL) cinnamon. Starting at filled long side, roll up dough; pinch edges to seal. Using serrated knife, cut into 1-inch (2.5 cm) thick slices. Arrange, cut side down, in parchment paper-lined or greased 13- x 9-inch (3.5 L) metal cake pan. Bake for 15 to 20 minutes.

Sesame Cheese Croissants: Roll out dough to 14-inch (35 cm) circle. Spread with 2 tbsp (25 mL) Dijon mustard. Sprinkle with 3/4 cup (175 mL) shredded extra-old Cheddar cheese. Cut into 12 pie-shaped wedges. Starting at each wide end, roll up to form crescent. Place on parchment paper-lined or floured rimless baking sheet. Brush tops with 1 beaten egg; sprinkle with 1 tbsp (15 mL) sesame seeds.

Nutritional Info
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