



Mrs. W.W. Mills Baking Powder Biscuits

Revised recipe by The Castle's Education Director Kyle Yoho, MA
From Marietta's *Centennial Cookery Book* (1888)

Ingredients

3 cups (483g) all-purpose flour
1 teaspoon (8g) salt
3 teaspoons (15g) baking powder
4 tablespoons (80g) lard*
1 1/3 cups (334ml) whole milk

*Betsey's original recipe called for 2 tablespoons, but it didn't quite come together until 4 were used. If wanting to substitute butter, use 6 tablespoons.

Note: If you want to make these more sweet than savory, add up to a tablespoon of sugar.

Instructions

Preheat your oven to 475 °F

In a large bowl sift together flour, sugar, and salt. Using a pastry blender or two knives, cut in lard until mixture resembles coarse crumbs.

Drizzle in the milk a little at a time, mixing gently and quickly, until a shaggy dough comes together.

On a lightly floured surface, pat and roll out the dough, using a rolling pin, to 3/4" thick.

(Optionally: Roll out dough to a rectangle, then fold in thirds like a letter and roll gently to 3/4".)

Cut dough into circles with a biscuit cutter.

(For a traditional size, use a 2 1/2" cutter. Do not use a glass.)

Place the biscuits touching each other, but not overcrowded on a prepared baking sheet, lined with parchment paper.

(Consider using an aluminum pan, or a cast iron skillet.)

Bake for 18 – 20 minutes, or until golden brown.

Remove from oven, cool on a wire rack, and serve warm

Enjoy!