



**The
Castle**
418 FOURTH STREET
MARIETTA, OHIO

Following a Historical Recipe

Use these instructions to follow along with us online!

Please have an adult nearby to help



In this hands-on session we'll be making Mrs. Betsey Mills' baking powder biscuit from Marietta's 1887 Centennial Cookery Book. In addition to making this enjoyable treat, we'll discuss some of the difficulties with older recipes and how to decipher cooking instructions.

Supplies

Large bowl
Flour sifter or large strainer
Pastry blender or two knives
Rolling pin
2.5 inch biscuit cutter or other circular cookie cutter
Parchment paper
Baking sheet or cast iron skillet
Measures (1 cup, 1/3 cup, 1 tablespoon, 1 teaspoon)
Wire cooling rack

Ingredients

3 cups (483g) all-purpose flour
1 teaspoon (8g) salt
3 teaspoons (15g) baking powder
4 tablespoons (80g) lard (or 6 tablespoons butter)
1 1/3 cups (334ml) whole milk

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

Preparation steps

Choose a countertop or table to use as a work surface
Clear off your work surface and clean it with soap and warm water
Organize your supplies and ingredients

Instructions

1. Preheat your oven to 475 °F
2. 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.
3. Drizzle in the milk a little at a time, mixing gently and quickly, until a shaggy dough comes together.
4. 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".)
5. Cut dough into circles with a biscuit cutter.
(For a traditional size, use a 2 1/2" cutter. Do not use a glass.)
6. 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.)

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7. Bake for 18 – 20 minutes, or until golden brown.
8. Remove from oven, cool on a wire rack, and serve warm

Enjoy!