

EDNA LEWIS'S BISCUITS

Ingredients:

3 cups sifted Flour plus more for assembly
1 scant tsp Salt
½ tsp baking Soda
4 tsp Royal Baking Powder (sift together 1 part Baking Soda and 2 parts Cream of Tartar to make Royal Baking Powder)
2/3 cup Lard
1 cup plus 2 tbsp Buttermilk
Butter for serving

Directions:

Pre heat oven to 450 degrees.
Sift flour.
Put sifted flour, salt, baking soda and baking powder in food processor and pulse to mix.
Add lard in teaspoon size chunks to processor and pulse till mixture has texture of cornmeal.
You can make ahead to this point.
Place flour mixture in large bowl and add milk all at once by scattering it over mixture.
Stir vigorously till dough stiffens and for a few minutes longer.
Shape dough into ball, sprinkle lightly with flour and move to a floured surface for rolling.
Flatten dough out into a thick round cake with your hands and kneed for a minute by folding the 4 edges of round cake into middle.
Turn folded side down, dust lightly with flour, dust rolling pin lightly with flour and roll out cake of dough out evenly to an oval about ½ inch thick, large enough to make about 1 ½ dozen biscuits.
Work quickly and do not over work dough.
Prick surface of dough lightly with a fork.
Cut out biscuits. Dust biscuit cutter with flour to keep it from sticking and repeat as necessary.
Press cutter straight down through dough and lift straight up.
Do not twist as you raise up cutter. Cut biscuits as close together as possible. Should make 1½ dozen biscuits.
You can press together and roll out what ever dough remains and cut out more biscuits but they will have a tougher texture than first cut biscuits.
Line a baking sheet with foil shiny side up, place biscuits on baking sheet ½" or more apart and set in oven to bake for 13 minutes.
Take out of oven and serve hot with butter.

SPECIAL EQUIPMENT: Food Processor. foil, biscuit cutter, rolling pin, sifter.