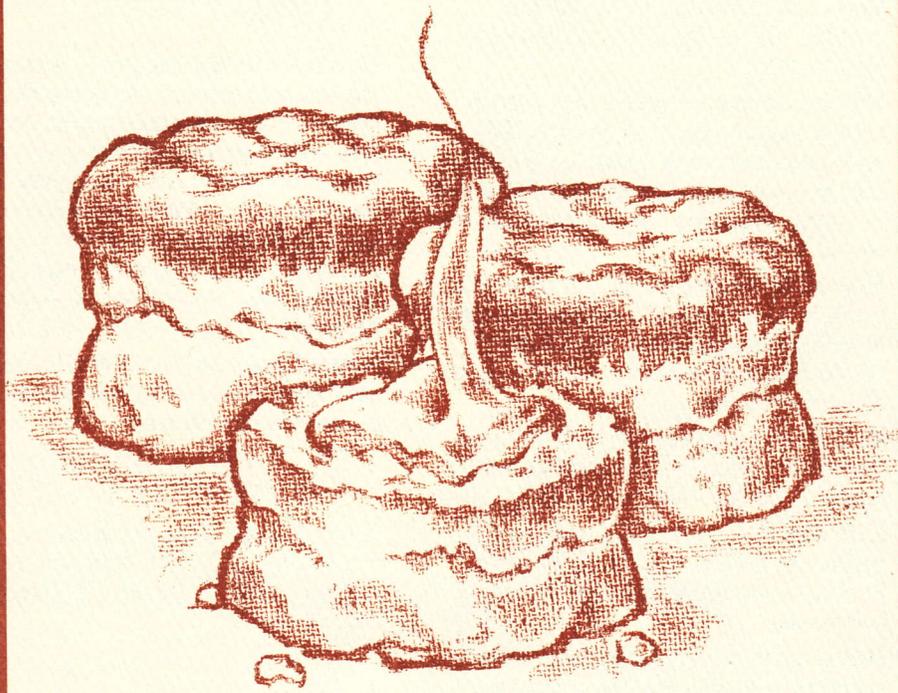
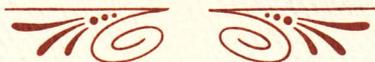


Basically Biscuits

How to make perfect biscuits
and their delicious variations from:

Martha White



Having baked biscuits for breakfast, you've only just begun to discover the many delicious foods you can prepare from basic biscuit dough. Using the techniques described in this booklet, you can create all types of sweet rolls, snacks and desserts—all "Basically Biscuits."

Biscuit Basics

What is self-rising flour? It is plain flour that contains baking powder and salt. Baking powder makes the dough rise while baking. Salt adds flavor.

Why sift? Sifting adds air to the flour. It helps make biscuits light and fluffy.

The Techniques

Cut in shortening with a pastry blender until mixture looks like fine crumbs. These bits of shortening make biscuits flaky.

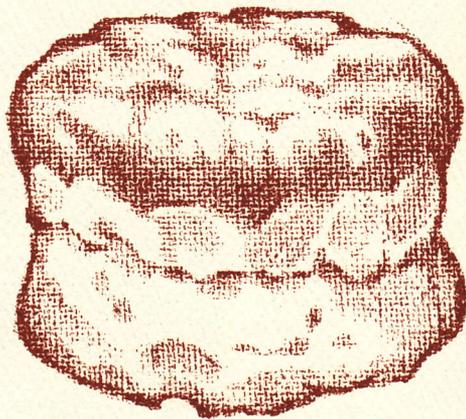
Mix by making a "well" in dry ingredients and adding liquid all at once. Stir with a fork only until dough leaves the side of the bowl and makes a ball. Stirring too much will make biscuits tough. Dough should be soft.

Knead by turning dough out onto floured board or pastry cloth. Roll dough around to lightly coat with flour. Knead gently, but do knead. Kneading combines ingredients thoroughly.

Roll evenly with rolling pin to desired thickness, about 1/2 inch. Biscuits will double in height while baking.

Cut with floured cutter. Cut close together so there is less dough to reroll. Push leftover dough together gently and reroll.

Bake on shiny, lightly greased baking sheet for golden crust. For crusty sides, place 1-inch apart. For soft sides, place biscuits close together.



Martha White's Original Basic Biscuit Recipe

*2 cups sifted Martha White
Self-Rising Flour*

1/4 cup shortening

3/4 cup milk

Heat oven to 450 degrees. Cut shortening into flour until particles are like fine crumbs. Add milk and stir with a fork only until dough leaves the sides of the bowl. Turn dough out onto lightly floured board or pastry cloth; knead just until smooth. Roll dough out about 1/2-inch thick and cut with floured cutter. Place on lightly greased baking sheet. Bake 10 to 12 minutes. Makes 12-14 2-inch biscuits.

Note: If using Martha White Plain Flour, sift 3 teaspoons baking powder and 3/4 teaspoon salt with flour.

OLD FASHIONED BUTTERMILK BISCUITS

Follow **Basic Biscuit Recipe**, sift 1/4 teaspoon soda with flour and use 7/8 cup buttermilk (1 cup less 2 tablespoons) instead of milk.

Basic Biscuit Variations

BACON BISCUITS

1 Recipe Basic Biscuits

3 strips cooked bacon, crumbled

Follow Basic Biscuit Recipe; except—after cutting in shortening stir in bacon.

PIZZA STICKS

1 Recipe Basic Biscuits

½ cup butter or margarine, melted

⅔ cup Parmesan cheese

¾ teaspoon garlic salt

2 teaspoons oregano leaves

Follow Basic Biscuit Recipe, roll dough about ¼-inch thick. With a sharp knife or pizza cutter, cut dough into narrow strips, then into 3-inch sticks. Dip into melted butter and roll in mixture of Parmesan cheese, garlic salt and oregano. Place on lightly greased baking sheet. Bake at 450 degrees for 8 to 10 minutes. Makes about 3-dozen sticks.

CINNAMON TWISTS

1 Recipe Basic Biscuits

½ cup butter or margarine, melted

1 cup sugar

2 teaspoons cinnamon

Follow Basic Biscuit Recipe, roll dough about ¼-inch thick and cut with a doughnut cutter. Dip biscuit in melted butter and then in mixture of sugar and cinnamon. Twist once, place on lightly greased baking sheet about 1-inch apart. Bake at 450 degrees for 10 to 12 minutes.

EASY SWEET ROLLS

1 Recipe Basic Biscuits

¼ cup butter or margarine, melted

½ cup sugar

1 teaspoon cinnamon

Confectioners' Icing, below

Heat oven to 425 degrees. Follow recipe for Basic Biscuits. Roll dough into a rectangle about ¼-inch thick. Brush with melted butter. Combine sugar and cinnamon; sprinkle over dough. Roll up like a jelly roll. Slice into rounds about ½-inch thick. Place in a greased 9-inch round cake pan. Bake 18-20 minutes. Drizzle with Confectioners' Icing. Makes 16-18 rolls. Note: Sweet rolls may be baked in greased muffin cups for 12-15 minutes.

CONFECTIONERS' ICING

1 cup confectioners' sugar

3 tablespoons milk

¼ teaspoon vanilla extract

Combine all ingredients and stir until smooth.

THIMBLE BISCUITS

1 Recipe Basic Biscuits

About ¼ cup jam or jelly

Follow Basic Biscuit Recipe, roll dough about ¼-inch thick and cut with floured cutter. Place half the biscuits on lightly greased baking sheet. Cut a hole in the center of remaining biscuits with a thim-



ble or other small cutter. Stack each of these biscuits on top of a biscuit on the baking sheet. Fill in the holes with about $\frac{1}{4}$ teaspoon of jelly or jam. Bake at 450 degrees for 10 to 12 minutes.

CHEESE BISCUITS

1 Recipe Basic Biscuits

1 cup grated cheese
 $\frac{1}{2}$ teaspoon dry mustard
dash red pepper

Follow Basic Biscuit Recipe; except—after cutting in shortening stir in cheese, mustard and red pepper.



SAUSAGE ROLL-UPS

1 Recipe Cheese Biscuits

12 sausage links

Heat oven to 450 degrees. Brown sausage links. Follow recipe for Cheese Biscuits, roll out dough $\frac{1}{4}$ -inch thick. With sharp knife or pizza cutter, cut dough into twelve 3-inch squares. Place a sausage on each square. Roll up and pinch edge of dough. Cut each roll into 3 pieces. Place seam side down on lightly greased baking sheet. Bake 10 to 12 minutes. Makes 36 snacks.

Cheesy Corn Meal Biscuits

$\frac{1}{2}$ cups sifted Martha White Self-Rising Flour
 $\frac{1}{2}$ cup Martha White Self-Rising Corn Meal
 $\frac{1}{4}$ cup shortening
1 cup grated cheese
 $\frac{3}{4}$ cup milk

Heat oven to 450 degrees. Stir together flour and corn meal. Cut in shortening until particles are like fine crumbs. Stir in cheese. Add milk and stir with a fork only until dough leaves the side of the bowl. Turn out onto lightly floured board or pastry cloth; knead just until smooth. Roll dough out about $\frac{1}{2}$ -inch thick and cut with floured cutter. Place on lightly greased baking sheet. Makes about 12-14 biscuits.

Note: If using Martha White Plain Flour and Corn Meal, add 3 teaspoons baking powder and $\frac{3}{4}$ teaspoon salt.

Cheesy Corn Meal Biscuit Variations

TACO ROUNDS

1 pound ground beef
1- $\frac{1}{4}$ ounce pack Taco Seasoning Mix

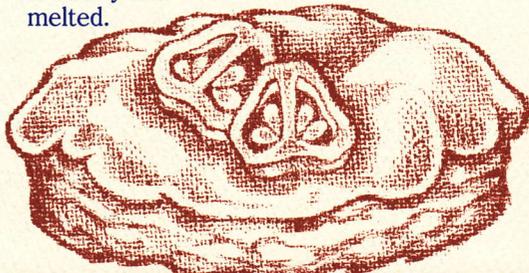
1 Recipe Cheesy Corn Meal Biscuits

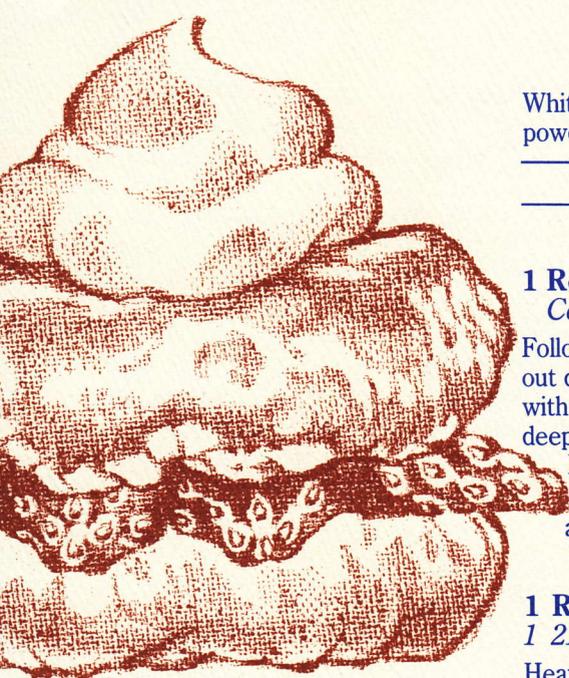
1 cup grated cheese

Heat oven to 450 degrees. In a skillet, brown ground beef; drain excess fat. Add Taco Seasoning Mix and water according to package directions; simmer for 15 minutes. Make Cheesy Corn Meal Biscuits according to recipe. Cut out and place on lightly greased baking sheet. With lightly floured fingers, press deep indentation in the center of biscuit leaving a narrow ridge around outside. Fill with ground beef mixture; sprinkle cheese over filling. Bake 10 to 12 minutes. makes about 12-14 Taco Rounds.

NACHO SNACKS

Heat oven to 500 degrees. Split leftover **Cheesy Corn Meal Biscuits**. Top with a slice of cheese and slice of jalapeno pepper. Place on baking sheet. Toast in oven for about 5 minutes or until cheese is bubbly and melted.





White Plain Flour, sift 3 teaspoons baking powder and $\frac{3}{4}$ teaspoon salt with flour.

Basic Rich Biscuit Variations

QUICK DOUGHNUTS

1 Recipe Basic Rich Biscuits *Confectioner's Sugar*

Follow recipe for Basic Rich Biscuits. Roll out dough to about $\frac{1}{4}$ -inch thick and cut with floured doughnut cutter. Fry in hot deep fat (375 degrees) for 3 to 4 minutes. Drain on paper towels. Sift confectioners' sugar over doughnuts. Makes about 15 doughnuts.

CHERRY TURNOVERS

1 Recipe Basic Rich Biscuits *1 21-ounce can cherry pie filling*

Heat oven to 400 degrees. Follow recipe for Basic Rich Biscuits. Roll dough out in a large rectangle about $\frac{1}{4}$ -inch thick. With sharp knife or pizza cutter, cut into twelve 4-inch squares. Place squares on lightly greased baking sheets. Spoon about 1 tablespoon pie filling in corner of each square. Fold opposite corner over, forming triangle. Press edges together with floured fork and prick tops. Bake 15 to 18 minutes. Heat remaining filling and spoon over warm turnovers. Makes 12 turnovers.

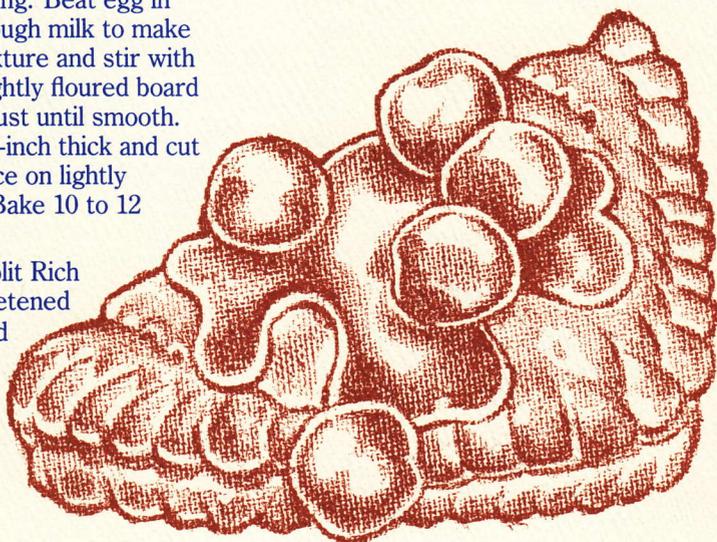
Basic Rich Biscuits **(Shortcake)**

- 2 cups sifted Martha White Self-Rising Flour*
- 3 tablespoons sugar*
- $\frac{1}{3}$ cup butter or margarine*
- 1 egg*
- about $\frac{1}{2}$ cup milk*

Heat oven to 450 degrees. Add sugar to flour and cut in shortening. Beat egg in measuring cup; add enough milk to make $\frac{2}{3}$ cup. Add to flour mixture and stir with a fork. Turn out onto lightly floured board or pastry cloth; knead just until smooth. Roll dough out about $\frac{1}{2}$ -inch thick and cut with floured cutter. Place on lightly greased baking sheet. Bake 10 to 12 minutes.

For Fruit Shortcake: Split Rich Biscuits and spoon sweetened fruit between layers and over top. Serve with whipped cream.

Note: If using Martha



Mom's Apple Cobbler

An all-time favorite, this swirled cobbler is moist and juicy yet flaky on top.

- $\frac{1}{2}$ cup (1 stick) butter or margarine
- 2 cups sugar
- 2 cups water
- $\frac{1}{2}$ cups sifted Martha White Self-Rising Flour
- $\frac{1}{2}$ cup shortening
- $\frac{1}{3}$ cup milk
- 2 cups finely chopped apples
- 1 teaspoon cinnamon

Heat oven to 350 degrees. Melt the butter in a 13 x 9 x 2-inch baking dish or sheet cake pan. In a saucepan, heat sugar and water until sugar melts. Cut shortening into flour until particles are like fine crumbs. Add milk and stir with a fork only until dough leaves the side of the bowl. Turn out onto lightly floured board or pastry cloth, knead just until smooth. Roll dough out into a large rectangle about $\frac{1}{4}$ -inch thick. Sprinkle cinnamon over apples; then sprinkle apples evenly over the dough. Roll up dough like a jelly roll. Dampen the edge of the dough with a little water and seal. Slice dough into about 16 slices, $\frac{1}{2}$ -inch thick. Place in pan with melted butter. Pour sugar syrup carefully around rolls. (This looks like too much liquid, but the crust will absorb it.) Bake for 1 hour. Makes 8 servings.

Note: If using Martha White Plain Flour, sift $\frac{1}{2}$ teaspoons baking powder and $\frac{1}{2}$ teaspoon salt with flour.

Mom's Cobbler Variation

This cobbler may be made with other fresh, frozen or canned fruits, such as blackberries, cherries, or peaches. If packed in liquid, drain and substitute for part of the sugar syrup. Always use 2 cups of liquid.

HOW TO FREEZE BISCUITS

Although biscuits are best when baked soon after mixing, they may be frozen for later use.

To freeze: Prepare biscuits according to recipe. Roll out, cut and place on lightly greased baking sheet. Brush tops lightly with milk and put in freezer.

When frozen hard (about 1 hour): Remove and put in plastic bag.

When ready to use: Remove from freezer... put on lightly greased baking sheet and place in a 450° oven. Do not let biscuits thaw. Put in oven frozen hard. Bake 12 to 15 minutes.

MARTHA WHITE FOODS, INC.
BOX 58, NASHVILLE, TN 37202

