



Bacon Gouda Black Pepper Biscuits

READY IN



70 min.

SERVINGS



30

CALORIES



153 kcal

Ingredients

- ☐ 6 slice bacon thick sliced
- ☐ 3 tablespoon double-acting baking powder
- ☐ 30 servings pepper black as needed
- ☐ 1.5 cup buttermilk
- ☐ 30 servings coarse sea salt such as maldon as needed
- ☐ 5.5 cup flour preferably lilly of other white wheat style soft
- ☐ 1 cup gouda cheese grated
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoon sugar
- ☐ 12 ounce lard & chilled cut into 1-inch chunks

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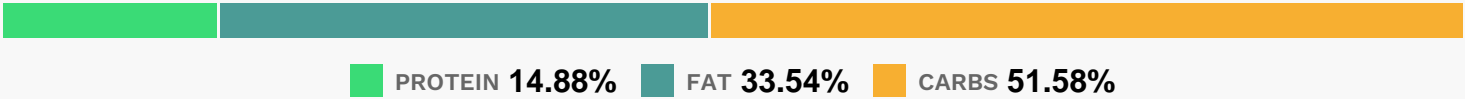
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pastry cutter

Directions

- ☐ Place bacon slices in a large, unheated heavy-bottomed or cast iron skillet. Turn heat to medium and cook bacon, turning often until crispy. About 7 minutes.
- ☐ Transfer to paper towel-lined plate to drain. Crumble and set aside.
- ☐ Place the oven racks in the upper and center positions, preheat the oven to 400°
- ☐ Add the flour, baking powder, sugar and kosher salt to a large mixing bowl, use a fork or whisk to mix the ingredients together. Using a pastry cutter or 2 knives, cut in the lard until it is reduced to pea-sized pieces. Stir in the bacon, Gouda, buttermilk and lightly beaten egg until it just forms into a loose dough. Chill 20 minutes. Scrape the dough to a well-floured surface, and pat into a rectangle 3/4 inch thick. Tri-fold the dough (as you might a letter). Then pat out again into a rectangle 3/4 inch thick; repeat the tri-fold and then repeat the whole process one more time. After the third tri-fold, pat the dough out to about 1 1/2-inch thick.
- ☐ Cut out biscuits using a 2-inch round or square cutter and place on two parchment-lined baking sheets, spacing the biscuits about 1 1/2 inches apart. Gather the scraps and repeat until you have approximately 30 rounds.
- ☐ Brush the biscuits with the egg wash, and sprinkle over the cracked pepper and sea salt, to taste.
- ☐ Bake the biscuits until puffed and golden, 15 to 17 minutes, rotating the trays between rack halfway for even baking.
- ☐ Transfer to a rack to cool.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:13.76, Inflammation Score:-2, Nutrition Score:5.4130434860354%

Nutrients (% of daily need)

Calories: 152.92kcal (7.65%), Fat: 5.65g (8.69%), Saturated Fat: 2.61g (16.31%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 18.89g (6.87%), Sugar: 1.62g (1.8%), Cholesterol: 15.06mg (5.02%), Sodium: 485.09mg (21.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.27%), Selenium: 10.82µg (15.45%), Calcium: 143.91mg (14.39%), Vitamin B1: 0.21mg (13.86%), Phosphorus: 114.83mg (11.48%), Folate: 44.21µg (11.05%), Vitamin B2: 0.17mg (9.79%), Manganese: 0.17mg (8.6%), Vitamin B3: 1.66mg (8.3%), Iron: 1.26mg (7%), Zinc: 0.6mg (4%), Vitamin B12: 0.21µg (3.54%), Fiber: 0.65g (2.59%), Magnesium: 9.89mg (2.47%), Copper: 0.04mg (2.18%), Vitamin B5: 0.21mg (2.14%), Vitamin B6: 0.04mg (2.01%), Potassium: 66.15mg (1.89%), Vitamin D: 0.22µg (1.49%), Vitamin A: 67.41IU (1.35%)