



Buttermilk Biscuits

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 tablespoons butter unsalted diced cold
- ☐ 1 cup buttermilk organic
- ☐ 1 cup cornstarch
- ☐ 8 servings fruit preserves salted for serving
- ☐ 1 teaspoon xanthan gum
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup sorghum flour

- ☐ 3 tablespoons vegetable shortening diced cold
- ☐ 2 tablespoons water

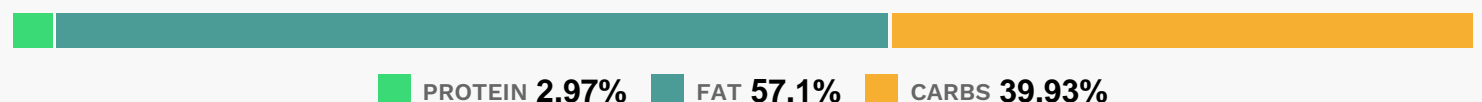
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ cake form
- ☐ pastry cutter

Directions

- ☐ Position an oven rack in the center of the oven. Preheat the oven to 425°F.
- ☐ In a large bowl, combine the dry ingredients and stir with a whisk to blend.
- ☐ Add the butter and vegetable shortening. Using a pastry cutter, cut the fats into your dry ingredients until the mixture resembles small peas.
- ☐ Stir in the buttermilk until the dough forms a ball. If the mixture is too dry, stir in the water 1 tablespoon at a time. Turn your dough out onto a work surface dusted with tapioca flour and knead until very smooth, 3 to 4 turns. Form the dough into a disk 1 inch thick. Using a 3-inch-diameter biscuit cutter, cut out biscuits and arrange them in an unbuttered 9-inch cake pan.
- ☐ Bake for 12 to 15 minutes, or until lightly golden brown.
- ☐ Remove from the oven and transfer the biscuits to wire racks to cool briefly.
- ☐ Serve hot, with butter, agave syrup, or preserves of your choice.
- ☐ Place in a storage container with a lid. Store in a cool, dry place for up to 2 days.
- ☐ From Blackbird
- ☐ Bakery Gluten-Free: 75 Recipes for Irresistible Desserts and Pastries by Karen Morgan. Text copyright © 2010 by Karen Morgan; photographs copyright © 2010 by Knox Photographics. Published by Chronicle Books, LLC.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:3.3686956555947%

Nutrients (% of daily need)

Calories: 224.34kcal (11.22%), Fat: 14.36g (22.09%), Saturated Fat: 7.07g (44.21%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 21.66g (7.88%), Sugar: 1.61g (1.79%), Cholesterol: 25.34mg (8.45%), Sodium: 370.79mg (16.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Calcium: 126.57mg (12.66%), Phosphorus: 84.5mg (8.45%), Vitamin A: 305.65IU (6.11%), Manganese: 0.11mg (5.25%), Vitamin E: 0.59mg (3.94%), Fiber: 0.94g (3.75%), Selenium: 2.58µg (3.68%), Vitamin K: 3.84µg (3.66%), Vitamin B2: 0.06mg (3.47%), Magnesium: 13.13mg (3.28%), Vitamin D: 0.47µg (3.13%), Iron: 0.49mg (2.72%), Vitamin B12: 0.16µg (2.59%), Vitamin B1: 0.04mg (2.42%), Vitamin B5: 0.23mg (2.28%), Vitamin B3: 0.42mg (2.1%), Potassium: 67.1mg (1.92%), Vitamin B6: 0.04mg (1.85%), Copper: 0.03mg (1.69%), Zinc: 0.24mg (1.61%)