



## Cornmeal-Crusted Buttermilk Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



45

CALORIES



43 kcal

SIDE DISH

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cups buttermilk
- ☐ 1 cup cornmeal
- ☐ 2.5 cups flour
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup frangelico fresh unsalted cold for tops of biscuits cut into cubes, plus butter

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## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ spatula

## Directions

- ☐ Preheat oven to 50
- ☐ Whisk flour, baking powder, salt, baking soda, and sugar together in a large bowl.
- ☐ Add lard and rub into flour mixture with your fingertips, or use two knives to cut it in, until flour looks like fine meal with some pea-size lumps.
- ☐ Make a well in flour mixture and pour in 1 cup buttermilk. Blend flour into buttermilk with your fingers.
- ☐ Mixture should be quite moist; add a little more buttermilk if you need to (with lard, it's likely).
- ☐ Spread half the cornmeal on a work surface and turn biscuit dough onto cornmeal.
- ☐ Sprinkle with rest of cornmeal and pat into a 10-in. round, pressing in the cornmeal. Grease a large cast-iron skillet.\*
- ☐ Cut dough into 12 wedges. Using a spatula, transfer wedges to pan, spaced slightly apart so edges get crisp. Top each biscuit with a dab of butter.
- ☐ Bake until golden, 20 to 25 minutes.
- ☐ \*Order fresh lard from your butcher, or buy at a farmers' market. You can also bake biscuits on a baking sheet, spaced a little apart, if you like.
- ☐ Make ahead: Through step 5, 2 hours.

## Nutrition Facts



 PROTEIN **11.52%**  FAT **9.5%**  CARBS **78.98%**

Properties

Glycemic Index:7.48, Glycemic Load:5.71, Inflammation Score:-1, Nutrition Score:1.6504347839433%

Nutrients (% of daily need)

Calories: 43.32kcal (2.17%), Fat: 0.45g (0.7%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 7.95g (2.89%), Sugar: 0.6g (0.67%), Cholesterol: 0.59mg (0.2%), Sodium: 97.99mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Vitamin B1: 0.07mg (4.51%), Selenium: 2.77µg (3.95%), Folate: 14.18µg (3.54%), Manganese: 0.07mg (3.52%), Vitamin B2: 0.05mg (2.75%), Phosphorus: 25.83mg (2.58%), Iron: 0.46mg (2.55%), Vitamin B3: 0.5mg (2.51%), Calcium: 23.09mg (2.31%), Fiber: 0.52g (2.08%), Magnesium: 5.92mg (1.48%), Vitamin B6: 0.03mg (1.29%), Zinc: 0.18mg (1.19%)