

## Old-Fashion Fluffy Biscuits

Most people think of biscuits as light and fluffy vehicles for butter and jam, however, that is the modern version of the biscuit. Biscuits were originally hard, thin, and dry – perfectly portable. They were often given to soldiers as part of their meal rations.

It wasn't until several 19th-century innovations came along that we got what's now recognized as a 'Southern biscuit.' These innovations included better flour mills and the development of chemical leavening agents, such as pearl ash (potassium carbonate), potassium bicarbonate, and sodium bicarbonate (baking soda). These helped biscuits reach new heights, without yeast or beaten eggs.

Try your hand at whipping up a batch of oven fresh biscuits today!

### Ingredients

2 cup all-purpose flour	2 teaspoons baking powder
1 teaspoon salt	1/2 teaspoon baking soda
1/2 cup (1 stick) cold butter, cut into cubes	2/3 cup cold milk

1. Heat the oven to 450 degrees Fahrenheit. Line a baking sheet (with no rims) with parchment paper.
2. In a large bowl, combine the flour, baking powder, salt, and baking soda.
3. Drop the butter cubes into the flour and toss them to coat. Use your fingertips to quickly rub the butter into the flour, until the butter pieces are all flat and some are the size of rice. Put the bowl in the freezer for 15 minutes to chill.
4. Remove the bowl from the freezer. Make a well in the center of the flour mixture and add the milk. Combine with a fork until a dough forms.
5. Turn the dough out onto a lightly floured surface and gently pat it into a square. Fold the dough in half onto itself, and pat it out again. Repeat until all the flour is incorporated into the dough. Pat out the dough one last time, to about 1/2-inch thick. Cut the dough into 2-inch wide circles or squares.
6. Place the cut biscuits onto the lined baking sheet. Place them close together so the biscuits rise high and have soft sides. For biscuits with crispier edges, place them an inch or more apart.
7. Bake the biscuits for 15 minutes or until they are golden brown. Serve Biscuits with butter.



## Homemade Butter Activity

Most frequently butter is made from cow's milk. However, it can also be manufactured from the milk of other mammals – sheep, goats, buffalo, and yaks.

It is made by churning milk or cream to separate the fat globules from the buttermilk. Until the 19th century, most butter was made by hand on farms. The first butter factories appeared in the United States in the early 1860s, after the successful introduction of cheese factories a decade earlier.

Butter also provided extra income to farm families. They used wood presses with carved decorations to press butter into pucks or small bricks to sell at nearby general stores. The decoration identified the farm that produced the butter.

(Stop by the Farm Museum to see butter presses on display).

### Ingredients:

Well chilled heavy whipping cream (about a pint)

Pinch of salt

2 Quart-size freezer bags

### Directions:

1. Divide the whipping cream between two quart size bags. Add salt. Make sure they are well sealed.
2. Shake, shake, shake the bag for several minutes, up to 15-20 minutes, depending how vigorously you are shaking.
3. Drain the buttermilk from the butter and place in a container with a lid. Refrigerate or enjoy on a biscuit right away!

