Buttermilk Biscuits

BREADS & DOUGHS

YIELD	ACTIVE	TOTAL	OVEN	PER SERVING
12 biscuits	15 min	≈40 min	400 °F (204 °C)	169 kcal · 320 mg Na · 5 g protein

EQUIPMENT
Half sheet pan · Metal bench scraper

#	INGREDIENT	MASS	VOLUME	PROCEDURE
1				Preheat the oven to 400 °F (204 °C). Keep the butter and buttermilk in the fridge until you need them.
2	Flour, all-purpose	360 g	3 cups	Whisk the flour, baking powder and salt together in a large bowl.
	Baking powder, Davis	14.4 g	1 tbsp	
	Kosher salt, Morton	4.8 g	1 tsp	
3	Butter, unsalted*, cold, cubed*	85 g	6 tbsp	Rub the cold butter into the flour with your fingertips until it looks like coarse crumbs.
4	Buttermilk*, cold*	240 g	≈1 cup	Make a well in the middle and pour in the buttermilk. Stir until the dough just comes together, then knead it in the bowl until all the flour is taken up. If it's still dry, add up to 15 g more buttermilk.
5	Flour, all-purpose*, for the counter*		a few tbsp	Turn the dough out onto a floured counter. Fold it over and knead gently for 30 s, until soft and smooth. Press it into a rectangle 1 in thick.
6				Cut into 12 squares with the bench scraper, pushing straight down without twisting. Set them on the sheet pan so they just touch. Press a thumb dimple into the center of each.
7				Bake until tall and light gold on top, 15–20 min.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Flour, all-purpose	360 g	1,320	—	48
Baking powder, Davis	14.4 g	—	1,555	—
Kosher salt, Morton	4.8 g	—	1,920	—
Butter, unsalted	85 g	609	9	1
Buttermilk	240 g	96	355	8
Total		**2,025**	**3,840**	**57**
Per serving (1/12)		**169**	**320**	**5**

Nutrition: USDA SR Legacy (butter, buttermilk) and labels (King Arthur all-purpose, Davis, Morton). Counter flour not counted.

NOTES

- Half batch, from the second column of the notes: 180 g flour, ½ tsp salt, 1½ tsp baking powder, 43 g butter, 120 g buttermilk. Makes 6.
- Alton's version: 340 g flour, 4 tsp baking powder, ¼ tsp baking soda, ¾ tsp kosher salt, 1 oz butter + 2 oz shortening, 8 fl oz buttermilk, cut in 3 in rounds. Squares here since there's no biscuit cutter.

Source: Handwritten notes (Paperless #665); method from Alton Brown, Food Network
georgemain.com/recipes/breads-doughs/buttermilk-biscuits
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