

# Southern Biscuits

NATHALIE DUPREE and  
CYNTHIA GRAUBART

*Layered, fluffy, feathery, silky, soft, and velvety biscuits all come together in Southern Biscuits, a book of recipes and baking secrets for every biscuit imaginable. Southern Biscuits features easy biscuits that are hassle-free and undemanding to make, as well as embellished biscuits laced with silky goat butter, crunchy pecans, or tangy pimento cheese, and everything in between.*

*The biscuits in this book encompass a number of types, from the beaten biscuits of the Old South and England, to biscuits reminiscent of Sunday Supper, to modern trends and ingredient combinations. Try Angel Biscuits—a yeast biscuit sturdy enough to split and fill but light enough to melt in the mouth; Carolina Biscuits—flaky little bites made with cream cheese; or Chocolate Soldiers—mixed with cocoa powder and sprinkled with confectioners' sugar. You will find biscuits for every occasion, from hearty breakfasts to delicate party hors d'oeuvres.*

*Filled with beautiful photography, including dozens of how-to photos showing how to mix, stir, fold, roll, and knead, Southern Biscuits is the definitive biscuit baking book.*

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DUPREE

and

CYNTHIA  
GRAUBART

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PHOTOGRAPHS *by* RICK MCKEE

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DUPREE and GRAUBART

COOKBOOK

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*The definitive biscuit baking book from James Beard Award-winner Nathalie Dupree and writer and producer Cynthia Stevens Graubart.*

*Nathalie Dupree has written or coauthored many cookbooks, including the James Beard Award-winners Nathalie Dupree's Southern Memories and Nathalie Dupree's Comfortable Entertaining. Her latest book is Shrimp and Grits. She has hosted more than 300 television shows and specials, which have shown nationally on PBS, The Learning Channel, and The Food Network. Dupree holds an Advanced Certificate from the Cordon Bleu and has also written extensively for magazines and newspapers. She lives in Charleston, South Carolina.*

*Cynthia Stevens Graubart is an author and former television producer who began her culinary television production career with "New Southern Cooking with Nathalie Dupree." She is also the author of The One-Armed Cook, called the culinary version of What to Expect When You're Expecting. Graubart lives in Atlanta, Georgia.*

JACKET DESIGN by Michelle Farinella Design  
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# Julia's Double ginger Biscuits

Makes 12 to 14 (2-inch) biscuits

*Enjoy these ginger-spiced biscuits of Julia Regner's as an alternative to the family's morning routine. The flavor of ginger adds warmth to the biscuits without making them a too-sweet treat. Try to experiment with other favorite flavors as well. We used one of the newer, stronger ginger ales sold commercially, but any will do.*

**2¼ cups commercial or homemade self-rising flour (page 17), divided**

**½ teaspoon ground ginger**

**¾ cup ginger ale, divided**

**Softened butter, for brushing**

Preheat oven to 400 degrees F.

Select the baking pan by determining if a soft or crisp exterior is desired. For a soft exterior, select an 8- or 9-inch cake pan, pizza pan, or oven-proof skillet where the biscuits will nestle together snugly, creating the soft exterior while baking. For a crisp exterior, select a baking sheet or other baking pan where the biscuits can be placed wider apart, allowing air to circulate and creating a crisper exterior, and brush the pan with butter.

Fork-sift or whisk 2 cups of flour and the ground ginger in a large bowl, preferably wider than it is deep, and set aside the remaining ¼ cup of flour.

Make a deep hollow in the center of the flour with the back of your hand. Slowly pour ½ cup of ginger ale into the hollow, reserving ¼ cup, and stir with a rubber spatula or large metal spoon, using broad circular strokes to quickly pull the flour into the liquid. Mix just until the dry ingredients are moistened and the sticky dough begins to pull away from the sides of the bowl. If there is some flour remaining on the bottom and sides of the bowl, stir in 1 to 4 tablespoons of reserved ginger ale, just enough to incorporate the remaining flour into the shaggy wettish dough. If the dough is too wet, use more flour when shaping.

Lightly sprinkle a board or other clean surface using some of the reserved flour. Turn the dough out onto the board and sprinkle the top of the dough lightly with flour. With floured hands, fold the dough in half, and pat dough out into a ⅓- to ½-inch-thick round, using a little additional flour only if

needed. Flour again if necessary and fold the dough in half a second time. If the dough is still clumpy, pat and fold a third time. Pat dough out into a ½-inch-thick round for a normal biscuit, ¾-inch-thick for a tall biscuit, and 1-inch-thick for a giant biscuit. Brush off any visible flour from the top. For each biscuit, dip a 2-inch biscuit cutter into the reserved flour and cut out the biscuits, starting at the outside edge and cutting very close together, being careful not to twist the cutter. The scraps may be combined to make additional biscuits, although these scraps make tougher biscuits. For hand-shaping and other variations, see pages 24–26.

Using a metal spatula if necessary, move the biscuits to the pan or baking sheet. Bake the biscuits on the top rack of the oven for a total of 10 to 14 minutes until light golden brown. After 6 minutes, rotate the pan in the oven so that the front of the pan is now turned to the back, and check to see if the bottoms are browning too quickly. If so, slide another baking pan underneath to add insulation and retard browning. Continue baking another 4 to 8 minutes until the biscuits are light golden brown. When the biscuits are done, remove from the oven and lightly brush the tops with softened or melted butter. Turn the biscuits out upside down on a plate to cool slightly. Serve hot, right side up.



# Jennet Alterman's Mother's Shot glass Biscuits

Makes 30 (1/2-inch) biscuits

*Jennet Alterman, a good friend and an extraordinarily interesting woman, was thrilled to share her mother's recipe for Shot Glass Biscuits. The recipe is easily memorized, and Jennet makes it frequently for these tiny biscuits. The waxed paper method of folding the dough keeps both counters and fingers clean.*

2¼ cups Homemade Refrigerator Biscuit Mix (page 50), or commercial biscuit mix, divided

¾ cup milk, divided

¼ cup melted butter



Preheat oven to 400 degrees F.

Select the baking pan by determining if a soft or crisp exterior is desired. For a soft exterior, select an 8- or 9-inch cake pan, pizza pan, or oven-proof skillet where the biscuits will nestle together snugly, helping each other stay tender but rise while baking. For a crisp overall exterior, select a baking sheet or other baking pan where the biscuits can be placed wider apart, allowing air to circulate and creating a crisper exterior, and brush the pan with butter.

Fork-sift or whisk 2 cups of the biscuit mix in a large bowl, preferably wider than it is deep, and set aside the remaining ¼ cup.

Make a deep hollow in the center of the flour with the back of your hand. Pour ½ cup of milk, reserving the remaining ¼ cup, and the melted butter into the hollow and stir with a rubber spatula or large metal spoon, using broad circular strokes to quickly pull the flour into the liquids. Mix just until the dry ingredients are moistened and the sticky dough begins to pull away from the sides of the bowl. If there is some flour remaining on the bottom and sides of the bowl, stir in 1 to 4 tablespoons of reserved milk, just enough to incorporate the remaining flour into the shaggy wet dough. If the dough is too wet, add a little of the reserved biscuit mix.

Turn the dough out onto waxed paper. Fold the sheet of waxed paper over the dough and fold the dough in half.

*continued*