



Fluffy Southern Buttermilk Biscuits

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Course	Bread
Cuisine	American
Keyword	fluffy-southern-buttermilk-biscuits
Prep Time	15 minutes
Cook Time	15 minutes

Total Time 30 minutes

Servings 10

Calories 254kcal

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Ingredients

- 3 cups all purpose flour
- 5 tsp baking powder
- 1 1/2 tsp salt
- 1/2 tsp baking soda
- 1/2 cup chilled butter or vegetable shortening
- 1 - 1 1/4 cup cold buttermilk
- melted butter or heavy cream to brush the tops

Instructions

1. Preheat the oven to 450°F and line a baking sheet with parchment paper.
2. Sift together the dry ingredients in a mixing bowl.
3. Cube the butter or shortening then cut it into the dry ingredients using a pastry blender or pulse in a food processor. Cut until it becomes crumbly and resembles peas.
4. Mix in 1 cup cold buttermilk, just until the crumbs are thoroughly moistened. Add up to 1/4 cup additional buttermilk, if needed. The dough shouldn't be overly wet but, slightly sticky.
5. Roll or pat out on a lightly floured surface about 3/4-1 inch thick. Cut into rounds using a 2-inch cookie cutter dipped in flour. Do not twist the dough with the cutter. Cut the dough, then lift the cookie cutter up.
6. Place biscuits 2 inches apart on the baking sheet. Brush the tops with melted butter or heavy cream. Bake at 450°F for 13-15 minutes until lightly golden and puffed.
7. Brush with melted butter after removing from the oven. Serve immediately.

Notes

Whole fat or low fat buttermilk preferred, not fat free.

Nutrition

Serving: 1serving | Calories: 254kcal | Carbohydrates: 32g | Protein: 6g | Fat: 11g | Saturated Fat: 3g | Cholesterol: 6mg | Sodium: 570mg | Potassium: 320mg | Fiber: 1g | Sugar: 3g | Vitamin A: 495IU | Vitamin C: 1mg | Calcium: 158mg | Iron: 2mg