



# Fluffy Southern Buttermilk Biscuits

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<b>Course</b>	Bread
<b>Cuisine</b>	American
<b>Keyword</b>	fluffy-southern-buttermilk-biscuits
<b>Prep Time</b>	15 minutes
<b>Cook Time</b>	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