

# Cowboy Brown Biscuits

## (Biscuits for Beef and Biscuit Bake)

### Ingredients:

- 1 1/2 tablespoons each flour and cornmeal, mixed, for sprinkling
- 1 cup unbleached all-purpose flour
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 6 tablespoons unsalted butter, lard, or solid vegetable shortening, chilled and cut into pieces
- 3/4 cup cold buttermilk

### Directions:

1. Preheat oven to 425 degrees F.
2. Grease a baking sheet and sprinkle with the flour and cornmeal.
3. In a large bowl, combine the all-purpose flour, whole wheat flour, baking powder, baking soda, and salt.
4. Cut the butter into the dry ingredients with a pastry blender or 2 knives until the mixture resembles coarse crumbs, with no large chunks of butter.
5. Add the buttermilk, stirring just to moisten all the ingredients. The dough will be moist, then stiffen while stirring. It should be slightly shaggy, but not sticky.
6. Turn the dough out onto a lightly floured work surface and knead gently about 10 times, or just until the dough holds together smoothly.
7. Roll or pat out the dough into a rectangle about 1 1/4 inches thick. Take care not to add too much flour, or the biscuits will be tough.
8. Cut with a floured knife into 16 equal squares. Set aside 3 squares on a plate to be used on the Beef & Biscuit Bake.
9. Place the remaining squares on the baking sheet, no more than 1/2 inch apart.
10. Bake for 15 to 18 minutes, or until golden brown.
11. While the biscuits are in the oven, complete the Cleaning Checklist.
12. Remove from the oven with oven mitts and let rest for 3-5 minutes before handling.