

# Buttermilk Biscuits | Southern Living

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**1/2 cup butter (1 stick), frozen**  
**2 1/2 cups self-rising flour, \*See Note**  
**1 cup chilled buttermilk**  
**Parchment paper**  
**2 tablespoons butter, melted**

*Per Serving (excluding unknown items): 185 Calories; 10g Fat (48.8% calories from fat); 3g Protein; 20g Carbohydrate; 1g Dietary Fiber; 27mg Cholesterol; 450mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Non-Fat Milk; 2 Fat.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

## Servings: 12

**If you don't have self-rising flour use this formula: For each 1 cup all purpose flour add 1 1/2 teaspoons baking powder and 1/2 tsp. salt. I always use just a tad less salt.**

1. Preheat oven to 475°. Grate frozen butter using large holes of a box grater. Toss together grated butter and flour in a medium bowl. Chill 10 minutes.
2. Make a well in center of mixture. Add buttermilk, and stir 15 times. Dough will be sticky. Turn dough out onto a lightly floured surface. Lightly sprinkle flour over top of dough. Using a lightly floured rolling pin, roll dough into a 3/4-inch-thick rectangle (about 9 x 5 inches). Fold dough in half so short ends meet. Repeat rolling and folding process 4 more times.
3. Roll dough to 1/2-inch thickness. Cut with a 2 1/2-inch floured round cutter (OR: cut the rectangle into squares 2", using all the dough, so it doesn't require reshaping the scraps), reshaping scraps and flouring as needed.
4. Place dough rounds on a parchment paper-lined jelly-roll pan. Bake at 475° for 15 minutes or until lightly browned. Brush with melted butter. Serve immediately.
5. For Pillowy Dinner Rolls: Cut in 1/2 cup cold shortening instead of cold butter. You'll get a soft biscuit that stays tender, even when cool. Plus, shortening has a neutral flavor that will complement anything on your dinner plate.
6. For Sweet Shortcakes: Add 2 Tbsp. sugar to the flour, and replace buttermilk with heavy cream. The sugar lends the biscuits a subtle sweetness, and the extra fat in heavy cream gives them a crumbly texture like shortbread. They're the perfect base for shortcake desserts.
7. For Crunchy-Bottomed Biscuits: Warm a cast-iron skillet in the oven, and spread a bit of butter in the skillet before adding the biscuits. The bottoms will end up crunchy and golden brown and provide a sturdy base that holds up to a smothering of sausage gravy.
8. For Pickle Biscuits: Stir 4 Tbsp. drained dill pickle relish into buttermilk before adding to flour mixture. Split baked biscuits, and top with ham and mustard for the World's Best Ham Sandwich! We promise.