

# Lynn's Paradise Biscuits

*Mammoth biscuits from Lynn's Paradise Cafe in Louisville, Kentucky.*



**Servings: 9**

Notes: I used 2/3 of the recipe and baked them in a bread pan - because they're so thick, they took 45 minutes to reach 195° internal temp. The original recipe calls for White Lily flour and uses shortening, not butter.

1. Preheat the oven to 400°.
2. Spray a 9 x 9-inch pan with veggie spray or lightly use the butter wrapper to rub around the pan.
3. In a large bowl add the flour, baking powder, salt, and baking soda. Cut in the butter by hand until it resembles coarse oatmeal. You can use two steak knives, slicing across the bowl or a pastry blender. Do not over work the dough or it will form a tough biscuit.
4. Pour the heavy cream and buttermilk in, in a steady stream. Using your hand or a spatula gently mix all of the buttermilk and cream in just until well blended. The dough will be slightly to moderately sticky. If it is too dry you can adjust it by adding just a little more cream.
5. Scoop the dough into the prepared pan and spread evenly. Use a gentle patting. Do not press the dough down. When it is evenly pressed, including into the corners, you can pre-divide the dough. Using a sharp paring knife that is slightly wet you can proceed to mark the dough. Mark the dough by cutting 4 across and 4 down.
6. Brush with the melted butter. Place in the preheated oven and bake for 25-30 minutes or longer. Remove when the internal temperature has reached 195°.
7. The biscuits should be firm and lightly golden. Just because they are golden brown doesn't mean they're cooked through inside. An instant read thermometer is really important here.

4 cups all-purpose flour (use White Lily flour if available)

4 teaspoons baking powder

1 1/4 teaspoons salt

1 teaspoon baking soda

2/3 cup unsalted butter, cut in small cubes, well chilled (or use vegetable shortening)

1 1/2 cups buttermilk, chilled well

1 cup heavy cream

2 tablespoons butter, melted, for brushing on top

Breads

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 454 Calories; 27g Fat (53.1% calories from fat); 8g Protein; 46g Carbohydrate; 1g Dietary Fiber; 81mg Cholesterol; 734mg Sodium. Exchanges: 3 Grain(Starch); 0 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.