Biscuits with Ham and Goat Cheese



Servings: 12

1 2/3 cups all-purpose flour
1/3 cup cornmeal
1 tablespoon sugar
1/2 teaspoon salt
2 1/2 teaspoons baking powder
1/2 tablespoon baking soda
3 tablespoons unsalted butter, cold, cut into chunks
1/2 cup goat cheese, crumbled
1/2 cup ham, diced
3 whole green onions, diced
2/3 cup buttermilk

Per Serving (excluding unknown items): 145 Calories; 6g Fat (34.2% calories from fat); 5g Protein; 19g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 454mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

From Carolyn T's Food Blog, Tasting Spoons: http://tastingspoons.com

1. Preheat oven to 425. Prepare a cookie sheet with Silpat or parchment paper.
2. In a medium sized bowl combine the dry ingredients.
3. Add the cubed butter and crumbled goat cheese. Using a pastry blender combine the dough until mixture resembles coarse crumbs (there will be small pieces of visible goat cheese, and that's fine).
4. With a spatula, stir in the minced ham and green onions.
5. Make a well in the middle of the dry mixture and pour in the buttermilk. Stir gently until it comes together is a raggedy mass. (If it's too dry to come together drizzle about a tablespoon of buttermilk in the dough until it does come together).
6. Pour out onto a lightly floured board and knead gently 3-4 times. Press the dough into a round, about 3/4 inch thick. Cut dough with a 2-inch round cutter and place biscuits on the baking sheet, leaving at least a 2 inches between each.
7. Bake for 12-14 minutes until browned and crusty. Serve hot.