

Recipe adapted from about.com.



Mississippi Buttermilk Biscuits

2 c all-purpose flour
2-1/2 t of baking powder
1/4 t baking soda
1 t salt
1/4 c vegetable shortening
2 T butter
3/4 c low-fat buttermilk

Preheat oven to 450F. In a large bowl, combine flour, powder, soda and salt and sift together. Cut in the shortening and butter mix together with a pastry dough blender. Make a well in the center of the dry ingredients and add the buttermilk. Gently blend the dry ingredients into the buttermilk forming a ball of dough. Add additional buttermilk as-needed one teaspoon at a time. Transfer the dough to a lightly floured surface. Press and form dough out into an eight inch circle, about 1/2" thick. Use a biscuit cutter to cut out biscuits and place on an ungreased baking sheet. Makes 10-12 biscuits. Bake for 10-12 minutes until golden brown. Serve warm.