

## Alton Brown's Southern Biscuits

SERVINGS: **8 SERVINGS**

Makes 10-12 biscuits, 10 minutes of prep and about 20 minutes to bake at 400. Crumbly and and flaky biscuits, from February 2010 Family Circle - Southern Charm

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### Ingredients

**12** ounces all-purpose flour (2 cups), plus 1/2 cup more for dusting  
**4** teaspoons baking powder  
**1/4** teaspoon baking soda  
**3/4** teaspoon kosher salt  
**1** ounce (2 tablespoons) unsalted butter, chilled  
**2** ounces (1/4 cup) vegetable shortening, chilled  
**1** cup low-fat buttermilk, chilled

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### Directions

Heat oven to 400. Whisk together all dry ingredients in a large mixing bowl. Using your fingertips, rub the butter and shortening into the dry goods until the mixture resembles coarse crumbs. Make a well in the middle of this mixture and pour in the buttermilk. Stir with a large spoon until all the flour has been taken up. Turn the dough over on itself, gently kneading for 30 seconds or until the dough is soft and smooth. Press the dough into a 3/4 inch-thick round. Using a 3 inch round cutter, cut out biscuits being sure to push the cutter all the way through the dough to the work surface before twisting to punch out the biscuit. Make your cuts as close together as possible to limit waste. Place the biscuits on an aluminum sheet pan so that they just barely touch. Reroll scraps and punch out as many biscuits as possible. Use your thumb to create a shallow dimple in the top center of each biscuit, and bake until the biscuits are tall and light gold on top, 15-20 minutes. Turn the biscuits out into a kitchen-towel-lined basket and let cool for several minutes before buttering and devouring.

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