

Quick Cream Biscuits

Time: 10 minutes to make, 15 minutes to bake

A one bowl, dump-and-stir affair, cream biscuits are the ultimate first-thing, last-minute option—perfect for scantily clad beach-house kitchens or for when you want to bake but don't feel like hauling out the heavy machinery. The tenderizing properties that butter normally brings to a biscuit recipe are here left to the devices of heavy cream (slimmed down with milk to keep the crumb light). Light they are, though the texture of a cream biscuit is cakier than that of a traditional "lardy" biscuit. These have a crisp surface patina and a warm nuttiness on the palate.

Equipment Mise en Place

For this recipe you will need a large mixing bowl, a rubber spatula, a rolling pin, a 2-inch biscuit cutter, some parchment paper and a sheet pan.

Ingredients

2 1/2 cups (13.75 ounces) Anson Mills Colonial Whole Grain Flour

2 teaspoons baking powder

1 teaspoon fine sea salt

1 cup heavy cream

1/2 cup whole milk

Directions

1. Adjust the oven racks to the low and upper-middle positions and heat the oven to 450 degrees. Line a sheet pan with parchment and set it aside.
2. Turn the flour, baking powder, and salt into a large bowl and toss to combine. Make a well in the center and pour the cream and milk into it. Blend lightly with a rubber spatula until the dry ingredients are uniformly moist. Do not overwork. The dough will be wet and heavy. Cover the bowl with plastic wrap and let the dough rest for 5 minutes.
3. Turn the dough out onto a lightly floured surface and roll or pat it out to a 1-inch thickness. Dip a 2-inch biscuit cutter in flour, stamp out 5 biscuits, and place them on the sheet pan. Press the dough back into one piece, roll it lightly to smooth and resume cutting biscuits until the dough is gone. There should be 9 or 10 biscuits.
4. Bake the biscuits on the lowest rack until they are nicely risen and deep golden brown on the bottoms, 6 to 8 minutes. Transfer the pan to the upper rack and bake to

Baking Notes

Flour milled from heirloom grains absorbs liquid more slowly than commercially processed flour. Since this dough may feel wet at first, it is prudent to let it rest in the bowl for 5 minutes before rolling it out.

Work with this dough lightly and quickly. Use as little flour as possible when rolling it out, and roll it but twice. Excess flour and overhandling make for tough biscuits.

Anson Mills

1922-C Gervais Street • Columbia, South Carolina 29201 • tel. (803) 467-4122 • sales@ansonmills.com

brown the tops, 6 to 8 minutes more. Remove them from the oven and serve them hot with plenty of sweet butter and honey or jelly.

Makes 9 or 10 biscuits