



ANSON MILLS

Graham Biscuits

Yield

9 or 10 biscuits

Time

10 minutes to make, 15 minutes to bake

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 and use as little flour as possible.

Equipment Mise en Place

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

Ingredients

8 ounces (about 1¹/₃ cups) Anson Mills Antebellum Style Coarse Graham Wheat Flour
2.5 ounces (1/2 cup) Anson Mills Colonial Style Fine Cloth-Bolted Pastry Flour or an equal amount *by weight* of unbleached all-purpose flour, plus additional for flouring the biscuit cutter
1¹/₂ teaspoons baking powder
1 teaspoon fine sea salt
6 tablespoons (3 ounces) cold unsalted European-style butter, cut into 6 pieces
3/4 cup whole milk, room temperature

Directions

1. Adjust the oven racks to the lowest and upper-middle positions and heat the oven to 450 degrees. Line a baking sheet with parchment paper.
2. Place the flours, baking powder, and salt in a food processor bowl and pulse to combine. Scatter the butter pieces over the surface and process to a coarse meal, about ten 1-second pulses.
3. Transfer the mixture to a large mixing bowl and, using a rubber spatula, lightly blend in 10 tablespoons milk. If the dry ingredients are not uniformly moistened or are not holding together, add up to 2 tablespoons more milk, 1 tablespoon at a time. (The dough will be fairly wet.) Cover the bowl with plastic wrap and let the dough rest for 5 minutes.
4. Turn the dough out onto a lightly floured work 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

prepared baking sheet. Press the dough scraps back into one piece, roll it lightly until smooth, and resume cutting biscuits until the dough is gone. You should have 9 or 10 biscuits.

5. 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 baking sheet to the upper-middle rack and continue baking until the tops are nicely browned, 6 to 8 minutes more. Remove the biscuits from the oven and serve them hot with plenty of sweet butter and honey or sorghum.