Foods 9-10 (B)

**Mile HIGH Cheese Biscuits**

**INGREDIENTS:**

250 mL all-purpose flour (you may substitute up to 125 mL of whole wheat flour)

![C:\Documents and Settings\mv12438\Local Settings\Temporary Internet Files\Content.IE5\1TJQG8LW\MC900340954[1].wmf]()2 mL salt

10 mL baking powder

50 mL cold shortening

80 mL grated cheddar cheese

100 mL milk (approximately)

**METHOD:**

1. Place oven rack in centre position. Preheat oven to 425°F – a **“HOT”** oven.
2. In a medium mixing bowl, **sift** together the all-purpose flour, baking powder and salt. Stir in whole wheat flour, if using. Stir to combine thoroughly. If baking powder is not evenly distributed throughout, this can result in yellow flecks in the baked biscuit.
3. **![C:\Documents and Settings\mv12438\Local Settings\Temporary Internet Files\Content.IE5\4JKWLJ4F\MC900348991[1].wmf]()CUT** the fat in to the dry ingredients until particles resemble the size of “coarse crumbs” (or green peas).
4. Stir in grated cheese.
5. Add cold milk **gradually** (a little at a time), stirring lightly with a fork until the **soft dough** forms a ball.
6. Turn dough out on to a **lightly floured**, CLEAN surface and **knead** about 6 times.
7. Roll out (or pat down) the dough until it is 2 cm thick (**NOT** any thinner) and cut with a **floured** biscuit cutter.
8. Place biscuits at least 2½ cm apart on an **ungreased** cookie sheet.
9. ![C:\Documents and Settings\mv12438\Local Settings\Temporary Internet Files\Content.IE5\73NKLQRP\MC900391438[1].wmf]()Bake for 8-10 minutes until bottom is a light **golden** brown.

Sept 2013