

◆ Rolled Biscuits

Yield: 12 biscuits

Ingredients

2 cups all-purpose flour
1 tablespoon baking powder
3/4 teaspoon salt
1/3 cup butter or margarine, chilled
3/4 cup low-fat milk
Extra flour for kneading

Equipment

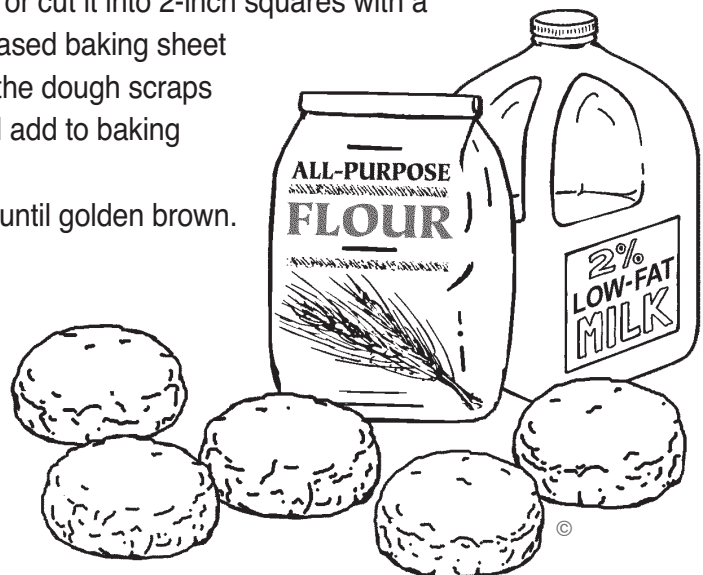
Flour sifter
Mixing bowl
Measuring cups, dry and liquid
Measuring spoons
Pastry blender or fork
Baking sheet
Biscuit or cookie cutter

Order of Work

1. Preheat oven to 450 degrees F.
2. Sift flour once and then measure it. Add to mixing bowl. Add baking powder and salt. Stir.
3. Measure the fat and add to flour mixture. Cut the fat into the flour mixture with the fork or pastry blender until well mixed.
4. Make a hole in the center of the flour. Slowly add milk and stir, using just enough to make dough soft but not sticky. Stir just enough to wet the flour.
5. Sprinkle 3-4 tablespoons of flour on a clean, dry surface and spread the flour with your hand. Turn dough onto the floured surface. Knead dough a few times. To knead the dough, rub some flour onto your hands. Use the heel of your hand, to push the dough away from you, and then fold it back over itself. Give the dough a little turn, push and turn again. Repeat 6-8 more times. Over-kneading the dough or adding too much flour will make the biscuits tough.
6. Roll or pat dough to 3/4-inch thickness. Dip the biscuit cutter into the flour. Use the biscuit cutter to cut the dough or cut it into 2-inch squares with a knife. Place biscuits on ungreased baking sheet about 2 inches apart. Gather the dough scraps and reshape. Cut biscuits and add to baking sheet.
7. Bake about 10-12 minutes or until golden brown.

Nutrition Facts per Biscuit:

*128 calories, 5 g fat, 331 mg sodium,
17 g carbohydrate, 1 g fiber,
3 g protein, 43 mg calcium.*



◆ Scones

Yield: 12 scones

Ingredients

2 cups all-purpose flour
1/4 cup sugar
1 tablespoon baking powder
3/4 teaspoon salt
1/3 cup butter or margarine, chilled
1/2 cup of raisins or dried cherries, if desired
1/2 cup milk
1 egg, slightly beaten
Extra flour for kneading
1 tablespoon milk
1 tablespoon sugar

Equipment

Flour sifter
Mixing bowl
Measuring cups, dry and liquid
Measuring spoons
Pastry blender or fork
Baking sheet
Knife
Pastry brush

Order of Work

1. Preheat oven to 450 degrees F.
2. Sift flour once and then measure it. Add to mixing bowl. Add sugar, baking powder, and salt. Stir.
3. Measure the fat and add to flour mixture. Cut the fat into the flour mixture with the fork or pastry blender until well mixed. Add the raisins or dried cherries and stir.
4. Mix milk and egg together. Make a hole in the center of the flour. Slowly add milk mixture and stir just enough to wet the flour. The dough should be soft but not sticky.
5. Sprinkle 3-4 tablespoons of flour on a clean, dry surface and spread the flour with your hand. Turn dough onto the floured surface. Knead dough a few times. To knead the dough, rub some flour onto your hands. Use the heel of your hand, to push the dough away from you, and then fold it back over itself. Give the dough a little turn, push and turn again. Repeat 6-8 more times. Over-kneading the dough or adding too much flour will make the scones tough.
6. Divide the dough in half. Roll or pat one-half of the dough into a circle about 3/4-inch thick. If desired, brush with milk and lightly sprinkle with sugar. Dip the knife into the flour. Use the knife to cut the dough into 6 sections. Place the scones on ungreased baking sheet about 2 inches apart. Repeat with second half of dough.
7. Bake about 10-12 minutes or until golden brown.

Nutrition Facts per Scone: 165 calories, 6 g fat, 336 mg sodium, 26 g carbohydrate, 1 g fiber, 3 g protein, 44 mg calcium.



◆ Basic Nut Bread

Yield: 1 loaf, 18 servings

Ingredients

1 cup sugar
1/4 cup butter or margarine, softened
2 eggs
1 1/2 cups milk
3 cups all-purpose flour
3 1/2 teaspoons baking powder
1 teaspoon salt
3/4 cup nuts, chopped

Equipment

9" x 5" x 3" loaf pan
Nonstick cooking spray
Mixing bowls, large and small
Measuring cups and spoons
Mixing spoon
Toothpick
Cooling rack

Order of Work

1. Preheat oven to 350 degrees F. Lightly coat the loaf pan with nonstick cooking spray.
2. Mix sugar, butter or margarine, and eggs thoroughly in large mixing bowl.
3. Add milk and stir. Set aside.
4. Measure flour and place in separate mixing bowl. Add baking powder and salt. Stir until blended.
5. Add flour mixture to liquid mixture. Stir just until dry ingredients are moist.
6. Blend in nuts.
7. Pour batter into prepared pan. Bake 55-60 minutes or until toothpick comes out clean.
8. Cool on cooling rack for 10 minutes. Remove from pan and place on cooling rack.

Nutrition Facts per Serving: 193 calories, 7 g fat, 273 mg sodium, 29 g carbohydrate, 1 g fiber, 4 g protein, 50 mg calcium.

