

Methods of Combining Flour Mixtures: THE BISCUIT METHOD

WHAT MAKES THIS METHOD DIFFERENT?

- the use of a solid fat which is cut into the flour mixture until crumbly
- the combining of the liquid ingredients gradually into the dry ingredients by tossing or stirring with a fork until the dough starts to form a ball
- the kneading of the dough gently and quickly
- the rolling out of the dough to the correct thickness

THE STEPS IN MAKING BISCUITS:

1. Sift together the dry ingredients.
2. Cut-in the solid fat until crumbly.
3. Gradually toss in the liquid to form a ball.
4. Place dough on a lightly floured surface and knead gently.
5. Roll out dough to specified thickness and cut with a biscuit cutter.



BISCUIT SCORECARD	
Good Biscuits	Poor Biscuits
Appearance <ul style="list-style-type: none"> • Golden brown tops, sides lighter • Symmetrical shape • Uniform size • Smooth level top 	Appearance <ul style="list-style-type: none"> • Low volume • Dark bottom crust • Too pale • Brown spots • Excess flour on crust
Texture <ul style="list-style-type: none"> • Light and flaky, peeling off in thin layers • Medium-fine grain • Slightly moist 	Texture <ul style="list-style-type: none"> • Coarse, uneven cells • Too dry • Soggy or heavy
Tenderness <ul style="list-style-type: none"> • Crisp and tender crust • Moist and tender on inside 	Tenderness <ul style="list-style-type: none"> • Tough • Crumbly, not flaky
Flavour <ul style="list-style-type: none"> • Pleasing, well blended • No taste of bitterness 	Flavour <ul style="list-style-type: none"> • Bitter taste • Burned

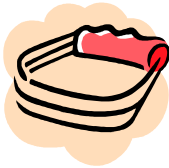
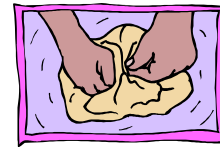
BISCUIT FACTS AND TIPS:

- It only takes a short time to bake biscuits in a hot oven.
- Biscuits are a member of the soft dough class of flour mixtures and an example of a quickbread.
- Clean counter or pastry board by scraping with a straight edge spatula and wiping with a damp cloth.
- Do not wash rolling pins in dish water. Instead, wipe thoroughly with a damp cloth.
- Do not use too much flour on the counter/pastry board or handle the biscuit dough too much in the kneading and rolling process or biscuits will become tough and not rise as high.



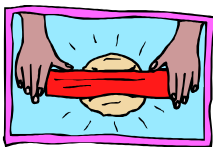
MIXING TERMS:

- Kneading: to work dough with heels of hands using a push, fold, and turn action



- Cutting in: to work fat into dry ingredients using a pastry blender in an up and down motion

- Tossing: to use a fork to stir with a light lifting action



- Rolling: to flatten the dough using a rolling pin