

Flaky, Mile-High Easy Biscuits: The 4-Ingredient Southern Secret

I've baked a lot of biscuits in my life, but this recipe, with its old-school inclusion of



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30 min

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INGREDIENTS

Swaps and Notes:

Lard Swap: I highly recommend using the lard as instructed for the best flaky texture, but if you absolutely can't or won't use it, you can substitute the 4 1/2 cup of lard with an additional 4 1/2 cup of frozen butter (bringing the total butter to 1 full stick).

Buttermilk: Full-fat buttermilk is a non-negotiable for the taste and texture. If you are in a bind, you can make a quick substitute: add 1 tablespoon of white vinegar or lemon juice to a measuring cup and fill the rest of the way to 1 cup with whole milk. Let it sit for 5 minutes before using.

Gluten-Free: I have not successfully tested this exact recipe with gluten-free flour, as the self-rising flour ratio is specific.

Step-by-Step Instructions:

Prep the Fat: Grate the frozen butter and frozen lard using the large holes of a box grater. Place the grated fat into a large bowl with the self-rising flour. Toss gently to coat the fat pieces.

Chill (Crucial Step): Place the bowl of flour and grated fat into the freezer for 10 minutes. This ensures the fat is rock-solid and cold before the buttermilk is added.

Mix the Dough: Remove the bowl from the freezer. Pour in about 1 cup of whole buttermilk. Use a wooden spoon or a fork to mix it until just

combined. The dough will be shaggy, sticky, and still have flour pockets-do not overmix. If the dough is too dry, add buttermilk, 1 tablespoon at a time, until the flour is just incorporated.

Pat and Fold: Turn the shaggy dough out onto a lightly floured surface. Do not knead! Gently bring the dough together into a rough rectangle. Pat the dough flat to about 1/4 inch thick, then fold it over 3 to 4 times (like folding a business letter). This folding creates the layers.

Cut the Biscuits: Pat the folded dough flat one last time to about 1/4 inch thick. Use a 2- or 2 1/2-inch biscuit cutter (or a small glass) to cut the biscuits. Press straight down and do not twist the cutter, as twisting seals the edges and prevents the biscuits from rising properly.

Arrange and Prep for Baking: Place the biscuits in a cast-iron skillet (or a round cake pan) that has been generously greased with Crisco or butter. The biscuits should be touching or very close together; this helps them rise tall. Brush the tops of the biscuits with a little extra buttermilk.

Bake: Place the skillet in a 500°F oven for about 12-15 minutes, or until the tops are beautifully golden-brown and the biscuits have risen high.

Tips for Success:

Keep it Cold: The number one rule for flaky biscuits is to keep the fat as cold as possible. Grating the frozen fat is the best way to ensure this. Handle the dough as little as possible.

Don't Twist the Cutter: As mentioned above, a clean, straight press is vital. Twisting seals the edges and kills the layers. Gather any scraps, gently pat them together (without overworking), and cut the final biscuit.

Oven Temperature is Key: Baking at 500°F creates an immediate, intense burst of steam from the cold fat and buttermilk, which causes a rapid, dramatic rise. Don't drop the temperature!

Serving Suggestions and Pairings:

Savory Pairings: Use them to sop up the flavorful broth from my Cajun Chicken Sausage Gumbo or to serve alongside my simple but delicious Tomato Skillet with Okra and Sausage. They're also perfect for making miniature sandwiches with sliced ham or turkey wings.

Sweet Pairings: Slather them with honey, jam, or homemade apple butter. They make a fantastic, rustic shortcake base for fresh berries and cream.

Drinks: A cup of strong, black coffee or a glass of fresh-squeezed orange juice is the perfect morning companion.

Nutritional Information (Per Serving):

Serving Size: 1 biscuit (approximate, based on 8 servings)

Calories: 250 kcal

Total Fat: 15g

Saturated Fat: 9g

Cholesterol: 30mg

Sodium: 350mg

Total Carbohydrates: 25g

Dietary Fiber: 1g

Protein: 5g

Storage and Leftover Tips:

Storage: Store cooled biscuits in an airtight container at room temperature for up to 2 days.

Reheating: To bring them back to life, wrap them loosely in foil and reheat in a 350°F oven for 5-8 minutes. You can also toast them lightly in a toaster oven. Avoid the microwave, which tends to make them tough.

Creative Leftovers: Day-old biscuits can be cubed and baked into a savory bread pudding or used as a crust for a hearty chicken pot pie.

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DIRECTIONS

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- 2. Chill (Crucial Step):** Place the bowl of flour and grated fat into the freezer for 10 minutes. This ensures the fat is rock-solid and cold before the buttermilk is added.
- 3. Mix the Dough:** Remove the bowl from the freezer. Pour in about 1 cup of whole buttermilk. Use a wooden spoon or a fork to mix it until just combined. The dough will be shaggy, sticky, and still have flour pockets-do not overmix. If the dough is too dry, add buttermilk, 1 tablespoon at a time, until the flour is just incorporated.
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8. Tips for Success: Keep it Cold: The number one rule for flaky biscuits is to keep the fat as cold as possible. Grating the frozen fat is the best way to ensure this. Handle the dough as little as possible.
9. Don't : Twist the Cutter: As mentioned above, a clean, straight press is vital. Twisting seals the edges and kills the layers. Gather any scraps, gently pat them together (without overworking), and cut the final biscuit.
10. Oven : Temperature is Key: Baking at 500°F creates an immediate, intense burst of steam from the cold fat and buttermilk, which causes a rapid, dramatic rise. Don't drop the temperature!
11. Serving Suggestions and Pairings: These biscuits are a classic Southern staple and pair well with just about anything savory or sweet.
12. Savory : Pairings: Use them to sop up the flavorful broth from my Cajun Chicken Sausage Gumbo or to serve alongside my simple but delicious Tomato Skillet with Okra and Sausage. They're also perfect for making miniature sandwiches with sliced ham or turkey wings.
13. Sweet : Pairings: Slather them with honey, jam, or homemade apple butter. They make a fantastic, rustic shortcake base for fresh berries and cream.
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19. Cholesterol: 30mg
20. Sodium: 350mg
21. Total : Carbohydrates: 25g
22. Dietary : Fiber: 1g
23. Protein: 5g
24. Note: This is an estimated value and can vary based on the exact amount of fat used and the specific brand of flour.
25. Storage and Leftover Tips: Biscuits are best eaten fresh and warm from the oven. If you have leftovers:

SWAPS & NOTES

Self-Rising Flour 221 cups Self-rising flour has leavening agents already added.

If you only have all-purpose, add 1 tablespoon of baking powder and 21 teaspoon of salt per cup of flour.

Butter 21 stick (4 Tbsp) Must be frozen for grating.

Lard 41 cup (1.8 oz) Must be frozen for grating.

TIPS FOR SUCCESS

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Original recipe: <https://chefmaniac.com/flaky-mile-high-easy-biscuits-the-4-ingredient-southern-secret/>