Rumford's Baking Powder Biscuits

By Cookgirl on November 09, 2010

1 Reviews

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* **Prep Time:** 10 mins
* **Total Time:** 22 mins
* **Yield:** 8-10 biscuits

About This Recipe

"An oldie but a goodie! Printed on the back of a can of Rumford Aluminum-Free Baking Powder. I am quite surprised that this recipe hadn't been added to the site database until now. Egg-free. Mmmm, so good with a spread of butter and slather of creamed honey (and a wee bit of real maple syrup stirred into the butter, too)!"

Ingredients

* + 2 cups sifted unbleached white flour
	+ 3 teaspoons aluminum-free baking powder
	+ 1 teaspoon salt
	+ 6 tablespoons shortening ( lard or refined coconut oil can be substituted)
	+ 2/3 cup milk ( I tried buttermilk and used closer to 3/4 cup)

Directions

1. Note: I used a KitchenAid stand up mixer to prep the dough.
2. PREHEAT oven to 450 degrees.
3. Sift flour, baking powder and salt together in a large bowl.
4. Cut in shortening until mixture resemble coarse meal.
5. Add milk to make a soft dough.
6. Turn dough out on a floured surface and knead \*gently\* for 30 seconds.
7. Roll out to 1/2 inch to 3/4 inch thickness.
8. Use a cookie cutter to cut out into rounds. I used a 3-inch diameter Fiestaware tumbler cup, top floured.
9. Place on greased or parchment-lined baking sheet.
10. Bake approximately 12-15 minutes or until light golden.