



Focus: Strength

Culinary Arts - Food Preparation

Biscuits

Define Objective:

Learn how to make biscuits from scratch. For each of the following experiences, I will use a family favorite recipe or one that has been provided. I will not use a package mix.

- _____ Prepare biscuits twice for your family or friends
- _____ Prepare dumplings once for your family or friends

Discovery:

1. Use shiny pans and cookie sheets, which reflect heat, for golden, delicate and tender crusts.
2. Preheat oven before mixing begins. Mixing time is relatively short.
3. Make sure the oven rack is positioned in the center of the oven before preheating.
4. Sift dry ingredients together before adding the shortening or solid fat.
5. Cut the shortening into the dry ingredients with a pastry blender or two knives until the pieces are the size of cooked rice grains. Use a light, tossing motion to avoid packing the dough.
6. Stir in milk until dough leaves the side of bowl (dough will be soft and sticky)
7. Turn dough onto lightly floured surface. Knead lightly 10 times. Roll or pat ½ inch thick and cut with round cutters. Be careful to not apply too much pressure to the rolling pin to avoid undue stretching and damage to the gluten. This will help you achieve the desired flakiness and tenderness.
8. Transfer biscuits to baking sheet. If soft sides are desired, place biscuits so the sides touch each other. For crisper sides, arrange the biscuits with a space of at least half an inch between biscuits on all sides.
9. Biscuits may be brushed with milk on the upper surface. This will dissolve any dry baking powder that may be on the surface and promote a pleasing brown color during baking. Biscuits are best when they are served hot, just after they come out of the oven.

Practice and Evaluate: Record what you learned. What do you want to remember for your next attempt?

Skill Practice:

Food Item	To Whom Served	Hours Spent	# Served	Cost

Share what you have learned with others: Decide how you will share your new skills and insights with others. Some things to consider are: creating music, writing a poem or story, a craft projects or other art form can be exhibited at your county fair, provide a demonstration or presentation to your family or peers. The following guidelines will help you receive top honors at the fair.

- * Sides of biscuits should be straight, and the top and bottom should be flat and perpendicular to the sides.
- * If the bottom edge tends to curve upward toward the sides, the dough contained a bit too much liquid
- * If the sides are not perpendicular to the top and bottom, the biscuits were cut with uneven pressure on the cutter or the dough was not rolled a uniform thickness.
- * The bottom and top surfaces should be a pleasing, medium golden brown color. If the rack position is too high, the upper surface may fail to brown satisfactorily. A very low rack resulted in excessive browning of the bottom crust.
- * Flaky biscuits will exhibit a number of short cracks on the sides.
- * Biscuits with the correct amount of baking powder and proper mixing should double in volume during baking.
- * When broken apart, biscuits should reveal a flaky interior. If you rub a finger across the exposed interior surface, you will begin to peel off layers of the biscuit.
- * Flavor should be pleasing, with a minimum aftertaste from baking powder and no trace of burning.
- * Tenderness is promoted by using an adequate quantity of milk and by avoiding excessive mixing and kneading, either of which would develop the gluten too much.