



MONA'S CIVIL WAR BISCUITS

From *The Gift of Bread: Recipes from the Heart and the Table*

By Karen Whiting

These biscuits (also called angel biscuits) have been updated to use self-rising flour, but the recipe is based on one from the American Civil War era. The dough can be made ahead and stored in the refrigerator for a few weeks. My friend Mona is from West Virginia and she grew up enjoying this recipe that her mother cooked frequently.

Ingredients

1/3 cup sugar
5 cups self-rising flour
1/4 cup warm water
1/2 cup shortening or
1 teaspoon baking soda
vegetable oil
2 packages active dry yeast
2 cups buttermilk

Directions

Dissolve yeast in warm water. Sift flour, soda, and sugar together in large bowl. Blend in shortening. Add yeast mixture and buttermilk and mix well. Cover bowl and store in refrigerator to use as needed.

When ready to bake, heat oven to 400°F. Pull off enough dough for the number of biscuits needed. Cut biscuits out on lightly floured surface (don't twist the cutter). Place biscuits on greased pan and bake until lightly browned, about 10 minutes (no need to wait for dough to rise).