

Skillet Scallion Biscuits

Biscuits are a regular breakfast treat, usually dripping with butter and honey or preserves, or toasted and topped with cheese. Baking biscuits in a Lodge cast-iron skillet develops a crisp bottom that gives them a great bite. Use these scallion biscuits either for breakfast, topped with scrambled eggs and gravy, or as a savory dinner side with baked ham.

Ingredients

- 2 cups (220g) all-purpose flour
- 1 tablespoon (4.6g) baking powder
- 1 teaspoon (4g) sugar
- 1 teaspoon (6g) kosher salt
- ¼ cup (50g) vegetable shortening
- 1 cup (235ml) buttermilk
- ½ cup (50g) chopped fresh scallions, white and green parts
- 1 egg mixed with 1 tablespoon (14ml) water for egg wash



Method

1. Preheat oven to 375 F (190 C or gas mark 5)
2. Combine the flour with the baking powder, sugar and salt in the bowl of a mixer fitted with a paddle attachment.
3. Add the shortening and mix on medium speed until a mealy consistency is reached. Mixing on low, gradually add the buttermilk, until just combined. Add the scallions and mix just enough to incorporate.
4. Empty the dough onto a lightly floured work surface and knead into a rectangular shape. Roll the dough, with a floured rolling pin, to about a ½" thick rectangle.
5. Cut out the rounds using a 2 ½" round biscuit cutter. Drop the biscuits in the bottom of a well-seasoned, lightly oiled 10" Lodge cast-iron skillet.

6. Brush the tops with the egg wash and bake for 20 to 25 minutes, until the tops are browned and the insides are firm. Serve warm.

Source: Excerpted From Cast Iron Cooking By Dwayne Ridgeway –
Quarry Books (7 biscuits)
