

FLAKY FRUIT BISCUITS

F EASY

Last Modified: 07/21/2019

PREP: 15 Min
COOK: 40 Min
OVEN: 400

BREADS

MAKES 9 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3	Cups	All Purpose Flour	
PLUS			
1/2	Cup	Granulated Sugar	
10	Tbsp	Unsalted Butter (COLD)	1/2" Cubes
PLUS			
2	Tbsp	Unsalted Butter (VERY Soft))	
1 2/3	Cups	Buttermilk (COLD)	
1	Tsp	Sea Salt	
2	Tsp	Baking Powder	
1/2	Tsp	Baking Soda	
HONEY BUTTER GLAZE			
2	Tbsp	Unsalted Butter	Softened
1	Tbsp	Honey	
1	Pinch	Sea Salt	
OPTIONAL FRUITS			
		Raspberries (Fold In GENTLY)	Whole
		Blueberries	Whole
		Strawberries	Sliced
		Pineapple	Sliced
		Cherries (Pitted)	Quartered
		Pomegranates	Whole
		Blackberries	Halved
		Plums (Peeled)	Sliced
		Bananas	Sliced
		Peaches	Sliced
		Pears (Peeled)	Sliced
		Currants	Whole
		Resins	Whole
		Apples (Peeled)	Sliced

PREPARATION

FACTOID	These Biscuits are EXTREMELY quick and easy and have a great texture. You need to mix the wet batch as quickly as possible because the longer the batter is mixed for, the tougher the Biscuits will become. Using Frozen Fruits: More moisture and a mushier texture plus the color of the fruit tends to "tint" the Batter.
TOOLS	<ol style="list-style-type: none"> 1) Large Mixing Bowl 2) Small Mixing Bowl 3) 8" x 8" Heavy Baking Pan 4) Pastry Knife

FLAKY FRUIT BISCUITS

PREP	1) Cut the 10 tablespoons of Butter into 1/2 inch cubes. 2) Chill the Butter in the freezer about 15 minutes while gathering the other ingredients. 3) Preheat the oven to 400 degrees with a rack just below center.
1	In a large mixing bowl, whisk together the Flour, Sugar, Baking Powder and Baking Soda. Add in the 10 tablespoons of chilled Butter Cubes. Using your fingers, mix the Flour and Cold Butter until the texture resembles wet sand. You CAN'T overmix here.
2	Add in the chosen drained Fruit. Add in the Buttermilk. GENTLY fold together just until there are no white Flour streaks visible. QUIT MIXING!
3	In a small mixing bowl, microwave the 2 tablespoons of Butter until really soft. Brush the Butter all over the inside of the 8x8 pan.
4	Pour in the gooey Biscuit Mix and use a silicone spatula to even out the thickness.
5	Spray the pastry knife blade with non-stick cooking spray. Press the knife down to the bottom to "score" 9 square Biscuits.
6	Place the Biscuits in the preheated oven. Bake for 20 minutes. Rotate the pan 180 degrees and bake for another 20 minutes. Watch for over browning - should be a dry toothpick when done. Let the Biscuits cool for 5 minutes.
7	Meanwhile, in a small mixing bowl, whisk together the Honey Butter Glaze ingredients. Microwave until the Butter has melted. Brush the Top of the Biscuits with the Glaze and set them aside for 10 minutes.
8	Using a wire rack, flip the Biscuit pan over. Tap so the Biscuits fall out. Using a second wire rack rotate the Biscuits so the tops are up
SERVE	Separate the Biscuits and place them on a serving platter. Serve while hot, with plenty of Butter on the side