



Meet an Indiana Farmer



Shelley McDaniel

Soybean Farmer

Boonville, IN

One of the most special memories I have is helping my grandma make homemade biscuits. She always let me sit on the counter out in the summer kitchen of the old wooden house that my dad was born in. She had a special way of making these biscuits. She never touched the dough with anything but her hands.

No fork, spoon or cutters for grandma. She pinched off each biscuit by squeezing the dough between her finger and thumb like making a fist with each one being exactly the same size. I still make mine the very same way to this day, although mine have never been as good as grandma's. Enjoy!!

FOOD FOR THOUGHT RECIPE TRAIL

Brought to you by Indiana's Family of Farmers.



Family of Farmers

Grandma's Homemade Biscuits



Ingredients

8 tbs. shortening or lard
4 c. all purpose flour
2 tbs. baking powder
1/2 tsp. salt
1 1/2 c. of buttermilk
2 tbs. soy oil

Indiana wine pairing

Market House Wine,
River City Winery, New Albany, IN



Instructions

Preheat oven to 400. Coat the bottom of 9x12 pan with soy oil. Using your hands, blend the shortening, flour, baking powder and salt until it resembles coarse meal. Make a hole in the center of mixture and add buttermilk. Gently fold the sides of the mixture into the buttermilk until the dough comes together. Turn out onto a lightly floured surface and knead 3 or 4 times until smooth. Squeeze or pinch off biscuits in desired size. Place them in the pan of oil and gently turn over each one so that the oil is on the top as well as the bottom. Bake 8 to 10 mins or until lightly brown.