

Whole Wheat Cornmeal Cheese Biscuits

Equipment:

Ingredients:

125 ml all-purpose flour
65 ml whole-wheat flour
60 ml cornmeal
10 ml baking powder
1 ml salt
37 ml shortening
125 ml grated cheddar
2 ml oregano or basil
50 ml milk
50 ml sour cream



Method: 1. Put on apron, tie hair, wash hands. Preheat oven to 220 C/ 425 F.

2. Whisk all-purpose flour, whole wheat flour, cornmeal, baking powder and salt in a large mixing bowl.
3. Cut shortening into dry ingredients until mixture resembles coarse crumbs.
4. Mix in cheese and oregano or basil.
5. Combine milk and sour cream in measuring cup and add a little at a time to flour mixture, stirring lightly with a fork until the soft dough forms a ball.
6. Turn onto lightly floured surface and knead for a few seconds, about 10 times.
7. Pat or roll dough until it is 1.5 – 2 cm thick. Cut with floured biscuit cutter or knife.
8. Place on ungreased baking pan and bake in hot oven for 12-15 minutes.