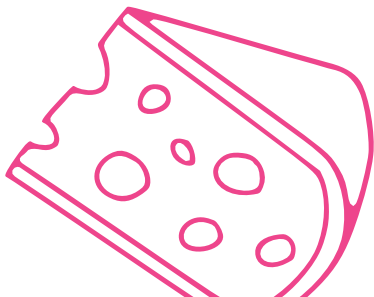


Cheddar Tea Biscuits

Time: 30 minutes | Servings: 6-8 large biscuits

INGREDIENTS

2 cups all-purpose flour
2 tsp baking powder
½ tsp baking soda
1 tsp salt
½ cup cold butter, shredded
1 cup cheddar cheese, shredded
1 cup cold buttermilk (or 1 cup milk plus
1 tsp white vinegar)
2 tbsp. buttermilk for brushing tops
of biscuits



METHOD

1. Preheat oven to 425°F.
2. In a bowl mix together flour, baking powder, baking soda, and salt. Add in shredded butter and shredded cheese. Mix together to make sure butter and cheese are well distributed.
3. Create a well in the centre and pour in buttermilk.
4. Mix together until a shaggy dough forms.
5. Tip out onto a lightly floured surface and shape into a rectangle. Using a rolling pin roll the dough out until it's about ½ inch thick.
6. Starting with the end of the rectangle closest to you, fold end to the middle. Repeat with end of the rectangle farthest away from you. You should now have a square. Turn the square a half turn and then roll back into a rectangle; repeat the folding process two more times. This is what creates nice flaky layers.
7. Roll dough to about an inch thick.
8. Using a cookie cutter or any circle (I use a juice glass), cut out biscuits and place on a baking sheet lined with parchment paper.
9. Brush biscuits with buttermilk and place in the oven for 15-17 minutes or until golden brown.
10. Let cool on pan for 5 minutes then enjoy the simple pleasure of a warm biscuit with home-made jam, or make a breakfast sandwich with your cheese frittata!