

Biscuit Lesson

Good Morning Cul Tech students, before we start talking about distance on-line learning I first want you to know how much I miss you, I miss our group, our time in the lab, and believe it or not I even miss the messes we make in the kitchen! I hope that as you start on this new path of on-line learning, you remain happy and healthy. None of the work that I assign, or any other teacher assigns, is meant to overwhelm you, it is there for you to continue your learning at your choice and pace. Teachers, myself included, will always be accessible to you, we will be checking our emails throughout the day and will get back to you as soon as possible.

The online lessons for Culinary Technology will hopefully allow you to continue to develop your skills in the kitchen and also produce some tasty treats once in a while. I will post a new recipe on Mondays, you will have some work to do pertaining to this recipe then, if you choose, you can prepare it for your family. This is voluntary. But if you do make something I would really appreciate a picture emailed to me and I'll add it to my teacher's page.

Our first recipe is going to be an easy one, an oldie but a goodie. It's our biscuit recipe. I'm sure your family will appreciate waking up to homemade biscuits this week.

Before we dive into preparing the biscuits I want you to take a look at the recipe and answer the following questions;

1. Identify the yield, preparation procedures, and cook time and temperature.
2. What is the purpose of the baking powder in this recipe?
3. What is the purpose of the sugar in this recipe?
4. This recipe gives you the measurements in milliliters, convert the measurements into imperial. (cups, teaspoons, tablespoons)
5. What smallwares (small kitchen equipment) would you require to make this recipe?

Now that you've familiarized yourself with the recipe let's get baking!!!! Remember to clean up your mess when you're done. If you prepare this recipe I would love a picture of the final product. You can text it to me at 625-7136 or email tila.holland@nbed.nb.ca.

Biscuits

Yield 8

500 ml flour
15 ml baking powder
3 ml salt
15 ml sugar
80 ml shortening
200 ml milk

Method

Preheat oven to 375⁰ F.

1. Combine flour, baking powder, salt and sugar. Mix to distribute evenly.
2. Cut in shortening with a pastry blender or fork until it resembles fine crumbs.
3. Make a "well" in the center of the mixture and add milk.
4. Mix with a fork until dough can be formed into a soft ball.
5. Pat down until about 1.5 cm thick.
6. Using a round cutter cut dough into 4 pieces. Roll into a ball again and pat down. Cut out 3 more biscuits. Roll remaining dough into a ball, pat down to make one more biscuit.
7. Place on a cookie sheet and bake for about 15 minutes.

