



TWO INGREDIENT BISCUITS

February 16, 2023

This recipe is adapted from chef and cookbook author Nathalie Dupree. Nathalie Dupree's Two Ingredient Biscuits are made with self-rising flour and heavy cream. Their texture is soft and fluffy; tender and moist. Because the cream is both the liquid and the fat, they come together as fast as any mix and taste 100% better! With this recipe, there is no excuse not to make your biscuits from scratch. I use Natalie's basic recipe and add my family technique of buttering the dough and folding it several times to create flaky layers.

Makes 12-14 (2-inch) biscuits

Ingredients:

- 2 (generous) cups White Lily self-rising flour, plus more for rolling
- 1 1/2 cups heavy cream, divided
- 1/2 stick or 4 ounces unsalted butter, melted

Small baking sheet such as 1/4 sheet pan or square 8-inch cake pan.

Method:

1. Preheat oven to 425°F degrees. Fit baking pan with parchment paper.
2. Whisk a generous 2 cups flour in a large bowl. Add 1 1/4 cups cream and stir with a fork.
3. If there is some flour remaining on the bottom and sides of the bowl, stir in just enough reserved cream to incorporate remaining flour into dough. (If the dough is too wet, use more flour when shaping.) The dough should be sticky.
4. Lightly sprinkle a cutting board pastry mat with a couple tablespoons of flour. Flour your hands as well. Place dough in the center and if it is sticky, sprinkle it lightly with flour.
5. Fold the dough in half and pat it into a 1/2-inch-thick round. Brush all over with melted butter and fold in half. Press the dough out to another disc that is 1/3 of an inch thick and repeat. Keep buttering and folding until the dough is folded at least four times.
6. At this point, I pat the dough into a round and use a rolling pin to lightly roll it out before I cut the biscuits. *Note: I roll the dough into a 1/2-inch-thick round for normal biscuits, but if you want bigger biscuits, roll it out to 3/4-inch-thick for tall biscuits, or a 1-inch-thick for giant biscuits.*
7. Dip a 2-inch biscuit cutter into reserved flour and cut out biscuits, starting at outside edge and cutting very close together, being careful not to twist the cutter. If you twist the cutter, you will seal the edges and they won't rise as well. I combine the scraps to make additional biscuits, although Southern bakers warn that they will be slightly tougher.
8. Move biscuits to prepared pan. Bake in the middle rack of oven until light golden brown, about 12 to 16 minutes. Your oven may take longer depending on how brown you like your biscuits. Remove biscuits from oven and brush tops with softened or melted butter. Place on a cooling rack or in a basket lined with a cotton or linen towel.
9. Serve immediately.