

Studio 5

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“Sweet Potato Biscuit”

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Dairy Farmers of Utah

Ingredients:

- 4 cups flour
- 1/4 cup sugar
- 2 tablespoons baking powder
- 1 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 cup shredded cheddar cheese
- 3/4 cup butter
- 1 1/2 cups 1 % cultured buttermilk or sour milk *
- 1/2 cup cooked finely mashed or pureed sweet potatoes

Method:

Preheat oven to 425⁰ F.

Combine flour with sugar, baking powder, salt and cayenne pepper. Coarsely cut butter into flour (small pea size lumps of butter should be distinguishable). Gently stir in shredded cheese.

Stir together milk and sweet potatoes. Make a well in the center of flour mixture, add milk;* stir just enough to moisten flour (do not over mix). Dough may be dropped by spoonfuls onto un-greased baking sheet (especially if dough is too moist) – or continue as directed below.

Place dough on a floured surface and knead 8-10 times. If dough is too soft to knead, drop by spoonful. Over-kneading will create a small rounded biscuit rather than one tall, light and airy.

Flatten dough with hands, or with a rolling pin, to approximately 1/2-inch thick. Cut biscuits with a 3-inch biscuit cutter or drinking glass dipped in flour. Place biscuits on un-greased baking sheet; bake 10-12 minutes or until light, airy and lightly browned.

Notes:

This recipe is a fun Southern twist to Baking Powder Biscuits. They are excellent served with country ham and hot mustard. Makes about sixteen 3-inch biscuits.

* Buttermilk may be replaced with milk, which has been soured by adding 2 tablespoons lemon juice (do not use milk that has soured from old age or spoilage).

Nutrition Facts	
Serving Size 1	
Servings Per Container 16	
Amount Per Serving	
Calories 250	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 7g	35%
Cholesterol 30mg	11%
Sodium 490mg	20%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 6g	
Vitamin A 35%	• Vitamin C 2%
Calcium 20%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	