

SOUTHERN PINCH BISCUITS

<http://andreasrecipes.com/2006/04/18/southern-pinch-biscuits-aka-squeeze-biscuits/>

Adapted from my mother Germaine McClure, passed down from my grandmother and great-grandmother.

Makes 12 biscuits.

EQUIPMENT

large mixing bowl
greased baking sheet

INGREDIENTS

6 cups White Lily Self-Rising Flour
3/4 cup shortening
16 ounces buttermilk

PREPARATION

1. Preheat oven to 500° F.
2. Add flour to mixing bowl and make a well in the middle. Add the buttermilk and shortening.
3. Work the shortening with your fingers, breaking it up into very small pieces.
4. Start working the flour into the liquid, pulling it in a little at a time. Work in just enough flour to make a soft dough, neither sticky or dry. There should still be some flour around the edges of the bowl. You should NOT use all the flour.
5. Dust some flour on your hands. Pinch off pieces of dough about the size of a small orange or tangerine, about 1/3 cup. Work the dough in one hand, using your fingers to move it in a circular motion. Don't press hard, you just want to shape them.
6. Lay each biscuit on the greased baking sheet right next to each other, with no space in between. Once you have all the biscuits on the sheet, press three knuckles lightly in the top of each.
7. Bake for about 20 minutes, or until golden brown on top. Remove from pan immediately, place in a basket, and cover with a tea towel.

Andrea Meyers – Southern Pinch Biscuits

Notes

Mom says that she doesn't know why you are supposed to press knuckles into the biscuits, that's just how all the women in her family have done it for generations.

My great-grandmother raised 12 kids on a tobacco farm during the Depression. With so many mouths to feed you have to be thrifty, so she would sift any lumps out of the remaining flour and save it for the next time she made biscuits.