

Sunrise Biscuits Pre-Lab (What do you know about biscuits?)

Name _____

Date _____

Score _____



1. What are 3 things you need to do before the lab is started?
2. Find the following items and indicate the placement for each:

Item	Placement
a. dish soap	
b. clean dish towels and dish cloths	
c. dirty towel basket	
d. measuring spoon and cups	
e. large plate	
f. straight edge spatula	
g. large spoon	
h. food ingredients	

3. For the first lab, we will be making biscuits. What food group would biscuits be a part of according to the food pyramid classifications?
4. What are the nutritional benefits of eating foods from the grain group?
5. What amount of our grain intake should be from whole grain products?
6. View the following lab pictures. Be able answer the following questions:

Which demonstrates kneading dough?	
Which picture demonstrates someone using a pastry blender?	
Which picture shows examples of kitchen safety?	
Which picture demonstrates the use of a rolling pin?	
Why is flour sifted?	

Picture A.



Picture B.



Picture C.



Picture D.



Picture E.



Picture F.



List the steps in order that they would be done while in the lab.

Biscuits.... So what are they?

- **Answer:** A biscuit isn't the same thing all over the world. In some countries, like England, a biscuit



is the name for a hard cracker or cookie. However, we use the word to identify a small piece of dough, usually round, that is baked and served with meals.

- **Answer:** Because biscuits are easy to make and filled a person up, they were often prepared by travelers, cowboys, and early American families. They are made for any meal of the day.

Biscuits.... What are some terms I might need to know before making some biscuits?

- Answer: What is a **Quick Bread**?
- Answer: What is a **Pastry Blender**?
- Answer: How do you **Cut In** butter with the dry ingredients?
- Answer: How do you **Knead** dough?
- Answer: How do you use a **Rolling Pin**?
- Answer: What is a **Biscuit Cutter**?
- Answer: What is **Buttermilk**? (A dairy liquid with a slightly sour taste similar to yogurt.)

Overnight Buttermilk Biscuits¹

Name _____ Kitchen # _____

Remember Your FCS Lab Rules

- No Gum
- Roll up long sleeves (or remove).
- Wash hands; fill sink with hot soapy water; get towels.
- Assign jobs; work quietly.
- Complete all clean-up jobs before the end of the period.
- Use Teamwork skills – That includes on Character Count Pillars! (Keep in mind this is your job training at school.)

Recipe and Directions

Preparation: 20 Minutes Bake: 15 Minutes Oven 425^o F

Yield: 6-8 Biscuits

Special Equipment: Pastry blender, rolling pin, biscuit cutters, cookie sheet

Tasks	Lab Partner Assigned to Complete Task
Get a large bowl. Measure, pour all through a strainer into bowl.	
2 cups sifted flour	1.
3 teaspoons baking powder	2.
½ teaspoon salt	3.
1 tablespoon sugar	4.
Next add . . .	
1/3 cup shortening	5.
With a pastry blender, cut in until mixture resembles coarse crumbs.	
Make a well in the center of the flour mixture. Add . . .	
1 cup buttermilk	6.
Add buttermilk all at once. Using a fork, stir until a soft dough forms.	
Lightly flour the counter surface.	
Turn dough out onto the floured surface. Knead dough by folding and gently pressing dough for 8-10 strokes or until dough is smooth and elastic.	7.
Wrap in plastic wrap and refrigerate overnight. . .	
Day 2: Preheat oven to 425 degrees F.	
Lightly flour surface. Pat or lightly roll dough to 1-inch in thickness.	8.
Cut with 2-inch biscuit cutter, dipping cutter into flour between each cut. Press down. (Twisting will prevent rising as high.)	9.
Place biscuits on ungreased cookie sheet.	10.
Set Timer. Bake for 10-13 minutes or until golden brown.	11.
Clean-Up all equipment and area. Check with teacher. Return equipment and supplies to correct spot for the next group of students. Thanks!	

¹ <http://allrecipes.com/Recipe/Teenas-Overnight-Southern-Buttermilk-Biscuits/Detail.aspx>

