

# Lifestyles

## Self-rising flour is the key to southern biscuits

By Alice L. Pettitt  
Home Extension Agent

Most of the South's homemade biscuits start with premium quality self-rising flour. Self-rising flour is a special blend of soft wheat flour with a leavening agent and salt added during the milling process. Because soft wheat flour has less gluten than all purpose flours that are blended from soft and hard wheat, it helps insure a light, tender biscuit. Convenience is the other plus. Since the leavening and salt are already blended with flour, there is no need to remeasure and rebend. The precise proportion of ingredients are combined at the mill by weight, eliminating the chance of error or baking failure due to improper measurement.

Choose solid shortening for a tender texture, although vegetable oil will produce an acceptable biscuit. For very tender biscuits with a slightly tangy flavor, substitute mayonnaise for the shortening.

Milk or buttermilk is used for most basic biscuit recipes. When using buttermilk, you must add soda to the recipe, because it reacts with the acid in buttermilk to produce light, fluffy biscuits.

### Tips for Best Biscuits

-For the lightest, fluffiest biscuits, be sure to measure flour by lightly spooning into measuring cup and then leveling with the straight edge of a spatula or knife. Dipping measuring cup into flour bag or canister can result in too much flour being added to the recipe and dry biscuits.

-For proper dough consistency and moist biscuits, stir in enough milk until dough is moist and

slightly sticky but firm enough to hold its shape.

-For the most tender biscuits, handle dough as little as possible. Knead or toss on floured surface only until the surface of the dough is no longer sticky.

-For well shaped biscuits, roll dough on floured surface; dough should roll out easily with only moderate resistance. For straight sides, flour biscuit cutter before cutting each biscuit. Push cutter straight down into dough; do not twist.

-For biscuits that are equal in height, roll dough between two wooden sticks that are 1/2 inch high and 14 inches long.

### BASIC BISCUIT RECIPE

2 cups self-rising flour  
2/3 cup milk  
1/4 cup shortening  
Heat oven to 450°F. Lightly spoon flour into measuring cup; level off. In a large bowl, cut shortening into flour with fork or pastry blender until consistency of coarse meal. Add milk; stir with fork until mixture leaves sides of bowl and forms a soft, moist dough. 1 to 3 tablespoons additional milk can be added to achieve desired consistency. Turn onto floured surface; gently knead 10 times or until no longer sticky. Roll out 1/2 inch thick. Cut with 2-inch floured cutter. Place on ungreased cookie sheet. Bake at 450°F for 8 to 12 minutes or until light golden brown. Makes 10 to 12 biscuits.

### Variations

For easy variations, follow the basic biscuit recipe with these simple changes:

-Thin-crust biscuits: Roll 1/4

### Front Burner

inch thick. Cut with 3-inch cutter.

-Soft sided biscuits: Place biscuits in 9 inch round or square pan or on cookie sheet with biscuit sides touching. Increase bake time to 12 to 14 minutes.

-Drop biscuits: Add 2 tablespoons additional milk to make a very moist, lightly mixed dough. Drop by rounded tablespoons onto greased cookie sheet.

-Buttermilk Biscuits: Add 1/4 teaspoon soda to flour. Substitute buttermilk for milk.

-Mayonnaise Biscuits: Substitute mayonnaise for shortening. Drop by rounded tablespoons onto greased cookie sheet.

-Cheese Biscuits: Add 4 oz. (1 cup) shredded cheddar cheese to flour-shortening mixture. Bake on greased cookie sheet.

-Sausage or Bacon Biscuits: Fry 1/2 lb. sausage or bacon. Drain well; crumble. Add to flour-shortening mixture. Refrigerate leftovers.

-Cornmeal Biscuits: Substitute 1/2 cup cornmeal for 1/2 cup flour.

### JUDGE ADLER'S BUTTERMILK BISCUITS

This recipe makes the kind of moist buttermilk biscuits now getting rave review at many fast food restaurants. Use a three-inch cutter to get the jumbo-sized biscuits. 2 1/4 cups self-rising flour  
1/4 teaspoon soda

3/4 to 1 cup buttermilk  
1 teaspoon sugar  
1/3 cup shortening margarine or butter melted.

Heat oven to 450°F. Lightly spoon flour into measuring cup; level off. In large bowl, combine flour, sugar and soda. Cut in shortening with fork or pastry blender until consistency of coarse meal. Add buttermilk, stirring with fork until mixture leaves sides of bowl and forms a soft moist dough. Turn onto floured surface; toss lightly until no longer sticky. Roll out 1/2 inch thick; cut with 3 inch floured cutter. Place sides touching on ungreased cookie sheet. Bake at 450°F for 12 to 15 minutes or until light golden brown. Brush to tops with melted

margarine. Makes 7 to 9 biscuits.

### ICE CREAM MUFFINS

No one will guess that these delicious muffins are made with only two ingredients - self-rising flour and ice cream. This simple recipe is possible because the self-rising flour already contains the leavening and salt.

1 1/2 cups self-rising flour  
2 cup vanilla ice cream, softened  
Heat oven to 425°F. Grease 12 muffin cups. Lightly spoon flour into measuring cup; level off. In medium bowl, combine flour and ice cream stirring only until dry ingredients are moistened. Spoon batter into prepared muffin cups, filling 2/3 full. Bake at 425°F for 13 to 17 minutes or until light golden brown. Makes 12 muffins.

## "HOW 'BOUT THESE PRICES"

Participating Stores Only. Quantity Rights Reserved. ©CFM 1984.

Prices Effective September 17-30, 1984

In Raeford: Hwy. 211-513 Prospect Avenue



shop  
around the  
clock  
open 24 hours



**Coke**

**\$1.69**

Plus Deposit 16 OZ.

RETURNABLES

**Hot Dogs**  
All the Way  
**2/\$1.00**

**Barbecue Sandwich**  
**\$1.09**

**Sausage Dogs**  
**99¢**

**Soft Serve Ice Cream Cone**  
**39¢**

**Coble Ice Milk**  
**99¢** HALF GALLON ALL FLAVORS

**Oven Gold Bread** ..... **2/\$1.00** 24 OZ LOAF

**Jesse Jones Cooked Ham**  
**89¢** 4 OZ. PACKAGE

**Frito-Lay's Cheese Dips**  
**\$1.69** 10 OZ. CANS  
Cheddar Cheese/  
Cheddar Herb/  
Mild Cheddar/  
Cheddar Jalapeno

**Dorito's Tortilla Chips**  
**\$1.09** 8 OZ. PACKAGE

**Jesse Jones Smoked Looped Sausage**  
**\$1.49** 1 LB. PACKAGE

**Coble Buttermilk or Chocolate Milk**  
**59¢** EACH QUART

**Stroh's or Stroh's Light Beer**  
**\$2.29** 12 OZ. CANS



**Nice fit**  
Hoke County 4-Hers Christy Robinette (right) and Shannon Shaeffer try on the clothes they will model during Saturday's fashion show at the Raeford Maxway store. The show will begin at 2 p.m. at the Edenborough Shopping Center. The apparel will be modeled by Hoke County 4-H members and friends.

## Stress takes its toll on person's well-being

By Ron Ferrell

Duke Univ. Medical Center  
Stress can take its toll on anyone's mental condition, but many people can also be affected physically, according to a Duke University Medical Center psychiatrist.

Anyone is likely to feel stress in tense job, social or family situations, but the hard-driving, impatient or hostile person is most susceptible, said Dr. Redford B. Williams, professor of psychiatry and associate professor of medicine.

"They are the type of people who are much more susceptible to the wear and tear of everyday

life," Williams said. "They often feel they cannot trust other people enough to be nice to them."

This "Type A" person, Williams said, is always on guard and easily angered. This "state of vigilance" affects the body's stress-related hormones, Williams believes, and is probably responsible for other health problems

Researchers initially correlated Type A behavior with a higher incidence of heart disease. "More recent analyses indicate that it's the hostility component of Type A behavior that correlates with heart disease," Williams said.

Convenient Food Mart