

BAKING POWDER CHEESE BISCUITS

(serves 4)

INGREDIENTS AND QUANTITIES:

1 cup flour
2 tsp. baking powder
pinch salt
1/4 cup margarine
1/4 cup cheddar cheese (1 cube)
1/2 cup milk

EQUIPMENT & UTENSILS:

Mixing bowl
Wooden spoon
Liquid, dry and small measures
Sieve
Fork
Rubber spatula
Pie plate
Pastry board
Muffin tins

PROCEDURE:

1. Center oven racks. Preheat oven to 425 F.
2. Sift flour onto pie plate. Measure and resift into large bowl. Stir in baking powder and salt.
3. Measure margarine using **WATER DISPLACEMENT METHOD**. Put 200ml. of **COLD** water into 250ml. liquid measure. Add margarine until water level is at the 250ml. mark. Drain off the water. “**OUT OF TIME**”, add a 1/4 cup.
4. Cut margarine into the flour mixture with pastry blender. Flour mixture should look pebbly in texture.
5. Grate cheddar cheese onto a paper towel. With a fork, stir cheese into the flour mixture.
6. Gradually, a little at a time, add milk. Stir with a fork. Add enough milk to make a soft but not sticky dough. Mixture should come away from sides of bowl. Form soft dough into a ball.
7. Lightly flour the pastry board. Knead dough 5–8 times. To knead: push, fold, 1/4 turn. Avoid a coating of flour on the dough surface.
8. Form the dough into small balls and place in the muffin tins. Place in oven for 12–15 minutes or until golden brown on top.