CHEESE BISCUITS

Cookery Principle: Biscuit Method

Ingredients:
250 ml flour
1 ml salt
100 ml milk
10 ml baking powder
30 ml shortening
80 ml grated cheese

Equipment:
oven mitts           cooling rack
large mixing bowl    measuring spoons
metal spatula        dry measures
liquid measure       pastry blender
rolling pin          sieve
fork                 biscuit cutter
grater
Method:

1. Preheat oven to 425°F. Adjust racks.
2. Sift dry ingredients into large mixing bowl.
3. Cut fat into dry ingredients with pastry blender until mixture resembles crumbs.
4. Stir in grated cheese.
5. Add milk gradually and toss lightly with a fork until the soft dough forms a ball.
6. Turn onto a lightly floured surface and knead for a few seconds (about 10 times).
7. Pat or roll dough until it is 1.5 - 2 cm thick (flour rolling pin).
8. Cut with floured biscuit cutter and place on greased baking pan.
9. Bake in a hot oven for 10 - 12 mins until lightly golden.
10. Place on cooling rack.