

Nathalie Dupree's Two-Ingredient Biscuits

From Southern Biscuits by Nathalie Dupree and Cynthia Graubart

Ingredients:

about 2-1/4 cups self-rising flour (I used White Lily)
about 1-1/4 cups heavy cream
melted butter for finishing

Instructions:

Preheat the oven to 450 degrees. Line a baking sheet with silicone, or brush the sheet with melted butter.

Whisk 2 cups of the flour in a wide, large bowl. Make a hollow in the middle of the flour with the back of your hand. Slowly stir in 1 cup of the cream with a rubber spatula. Use broad strokes to pull the flour into the cream. Mix the batter just until the dry ingredients are moistened and the sticky dough begins to pull away from the sides of the bowl. If there is remaining flour, add more cream.

Lightly sprinkle a board or silicone sheet with some of the leftover flour. Turn the dough out onto the board—it will be messy—and sprinkle the top with more flour. Using your floured hands, gently fold the dough in half and pat it into a 1/2-inch thick rectangle. Flour the dough again if you need to, and fold it in half again and pat it out again. If it's still clumpy fold it for a third time—but don't over work it.

Dip a biscuit cutter in flour and use it to cut out biscuits, starting from the outside edges. Transfer the biscuits to the prepared baking sheet.

Bake the biscuits on the top rack of the oven for 6 minutes; then rotate the pan in the oven and bake until the biscuits are light golden brown, another 4 to 8 minutes. Remove the biscuits from the oven, and brush them with melted butter. Serve warm.

Makes about 8 to 12 biscuits, depending on how big you cut them.