

Apple Cinnamon Biscuits

2 cups all-purpose flour
1 tablespoon baking powder
¼ teaspoon baking soda, if using buttermilk
1 teaspoon salt
⅓ cup shortening
¾ cup milk or buttermilk
4 tablespoons butter, (1/2 stick) melted
¾ cup brown sugar
1 medium apple, peeled & diced
1 tablespoon white sugar
1 tablespoon ground cinnamon, divided

1. Preheat oven to 400°F. Combine diced apple, white sugar, and 1/2 tablespoon cinnamon in a bowl and mix together. Set aside.

2. Sift flour, baking powder, baking soda, and salt together. Cut in shortening until it forms small pea-sized lumps. Add milk and knead together just until dough comes together.

3. Roll out dough into a rectangle on a lightly floured surface. The height should be a little under 1/4-inch thick. Spread the butter on top of dough followed by the brown sugar. Drain the apple cinnamon mixture of excess juice and spread on top. Sprinkle with remaining cinnamon.

4. Roll the dough into a log and slice into 12 even parts. (I first cut it in half, then I cut those halves in half, then I cut those quarters into thirds.)

5. Place individual sections in muffin tins lined with cupcake liners or oil. Bake for 12-20 minutes or until deep golden brown on top. The apple's moisture content greatly effects cooking time.



These can also be baked in a cast-iron skillet or a 9x9 pyrex baking dish. Just be sure to grease the bottom and sides of the pan.

Source: Chris Mower (TheCookingDish.com) |
(Servings: 6)