

TRB

The Rock Barn
Field - to - Fork

buttermilk biscuits with coffee bacon gravy

For the biscuits

2 cups all-purpose flour
2 cups cake flour
2 tsp salt
1/2 tsp baking soda
5 tsp baking powder

12 oz butter, diced, frozen
1 3/4 cup buttermilk, chilled

For the gravy

1 pound coffee bacon
6 Tbl all-purpose flour
3 cups whole milk

Yield: A dozen biscuits and enough
gravy for 4-6 hungover people

method

Make the biscuits. Preheat oven to 450 degrees, and stick the diced butter in the freezer until solid. Sift together the flour, baking powder, baking soda and salt into a large mixing bowl. Add the frozen butter, toss, and use a food processor to pulse the mixture together in batches. You're done when the biggest pieces of butter are the size of a pea.

Fold in the chilled buttermilk just until the dough is moist and sticky. Turn the dough onto a heavily floured surface. Dust the top of the dough with flour, and flatten to thickness of about an inch. Fold into thirds, working from the outside in; then flour, flatten, and repeat two more times, adding flour to your workspace as necessary.

Using a 2-inch biscuit cutter, push straight down hard through the dough to portion. Don't twist, or push gently – that will seal the dough's edges and keep it from rising evenly in the oven. Line a baking sheet with parchment paper, and place the biscuits side by side so that they barely touch.

Bake until biscuits are tall and golden brown delicious, about 15 to 20 minutes. Turn the sheet once at the first sign of browning. Put aside to cool while you finish breakfast.

Make the bacon gravy. Heat a heavy cast iron skillet over medium-low heat. Fry the bacon until you see foamy bubbles that look like shaving cream. Transfer bacon to a plate lined with a paper towel, and pour the bacon fat into a mason jar.

Combine 6 Tbl of bacon fat with 6 Tbl all-purpose flour to make a roux in the pan. Heat over medium heat, whisking constantly, until the flour begins to become fragrant and nutty and golden. Whisk in 3 cups whole milk until smooth. Bring the mixture to a low boil, stirring very often, then reduce the heat to low and continue to cook for 15 minutes until you reach the desired consistency. If you go too far, add a splash more milk. Taste and season with salt.