

Gluten-Free Baking Powder Biscuits

Yield: 14 Biscuits

2 cups gluten free flour mix (*see below*)

3 teaspoons baking powder

½ teaspoon salt

½ cup shortening (or butter or lard, depending on what you prefer ;))

¾-1 cup milk (normally 1 cup is what will make it the right consistency)

(Gluten free self rising flour mix:

4 tablespoons Potato Starch

Enough white rice flour to make it up to 2 cups

1 teaspoon baking soda

1 teaspoon cream of tartar

2 teaspoons Xanthan Gum)

1. Heat oven to 450 Degrees. In a large bowl, combine flour, baking powder and salt; mix well. With fork, cut in shortening until mixture resembles coarse crumbs. Stirring with fork, add enough milk until dough leaves the sides of the bowl and forms a soft, moist dough.
2. Roll into small balls, then flatten to about ½" thickness. The biscuit should be about 4" in diameter.
3. Bake at 450 for 8-12 minutes or until golden brown.

The potato starch is vital to the flour mix. If you only use rice flour (mixture of brown & white or just white), the texture of the biscuits will be a bit grainy. The potato starch helps keep them smooth with a nice texture.