



RECIPES

The Flying Biscuit's Famous Flying Biscuits

Ingredients:

3 cups all purpose flour (a soft winter wheat flour, like White Lily, is best)
1 tablespoon plus 1 _ teaspoon baking powder
_ teaspoon salt
2 tablespoon plus 1 _ teaspoon sugar
6 tablespoon unsalted butter, at room temperature
2/3 cup heavy cream
2/3 cup half and half for brushing on top of biscuits
1 tablespoon sugar for sprinkling on top of biscuits

Preheat oven to 350°F. Line a sheet pan with parchment paper.

Place flour, baking powder, salt, and sugar in a large mixing bowl. Cut butter into _ tablespoon-sized-bits and add to the flour. Using your fingertips or a pastry cutter, work the butter into the flour mixture until it resembles coarse meal. Make a well in the center of the flour and pour in all the heavy cream and the half and half.

Stir the dry ingredients into the cream and mix with a wooden spoon until dough just begins to come together into a ball. Turn dough onto a lightly floured surface and knead 2 or 3 times to form a cohesive mass. Do not overwork the dough.

Using a rolling pin, roll the dough to a 1-inch thickness. The correct thickness is the key to obtaining a stately biscuit.

Dip a 2 _ inch biscuit cutter in flour, then cut the dough. Repeat until all the dough has been cut. Scraps can be gathered together and re-rolled one more time.

Place the biscuits on the prepared sheet pan, leaving about _ inch between them.

Brush the tops of the biscuits with 1 tablespoon of half and half and sprinkle with 1 tablespoon of sugar.

Bake for 20 minutes. Biscuits will be lightly browned on top and flaky in the center when done.

Makes 8 to 12 biscuits, depending on the size of the cutter.

The Flying Biscuit Biscuit French “Toast”

*(Can be served with raspberry sauce or a vanilla crème anglaise)
(see recipes below)*

Ingredients:

_ cup sugar
1 cup of milk
1/8 teaspoon salt
1 _ teaspoon vanilla extract
3 large eggs
Canola oil for griddle
Left over Flying Biscuits cut in halves

In a large bowl combine sugar, salt, vanilla, and eggs. Whisk all ingredients together until light and frothy.

Place a large sauté pan or griddle over medium-high heat and lightly coat with canola oil. Dip left over Flying Biscuit halves into the batter, then place them on the preheated griddle. Cook until biscuit halves are light brown on both sides. Remove to a platter or individual plates.

The Flying Biscuit Raspberry Sauce

Ingredients:

2 cups fresh or frozen raspberries
_ cup sugar
_ cup water

Place berries, sugar, and water in a small saucepan. Bring to a simmer over medium heat. Cook until the berries break down and the sauce begins to thicken. Remove from heat, cool, and puree in a blender or food processor. Serve at room temperature.

Makes 2 cups

The Flying Biscuit Crème Anglaise Sauce

Ingredients:

4 large egg yolks
_ cup sugar
2 cups heavy cream
2 tablespoons honey

Whisk together egg yolks and sugar in a small bowl until light in color and smooth. Place cream in a small saucepan and bring to a simmer over medium heat. Remove from heat.

Whisk cup of the hot cream into egg yolk-sugar mixture. Whisk yolks and cream back into remaining cream in the saucepan and return to heat. Cook, stirring continuously with a wooden spoon, until cream coats the back of the spoon. Remove from stove and stir in honey.

Chill until ready to serve. Serve cold.

Makes 2 cups

The Flying Biscuit Sausage Gravy

Ingredients:

1 pound ***Flying Biscuit Signature Free Range Chicken Sausage*** (you can never have enough)
2 cloves garlic
1 teaspoon dry rosemary
1/4 pound unsalted butter
1/4 cup all purpose flour
2 tablespoon chopped parsley
3 teaspoon ground black pepper
1 teaspoon thyme
1 large diced onion
8 cups heavy cream
2 cups half & half

Brown Sausage in your favorite large pot. While cooking, chop sausage with a spoon into medium size pieces. Make sure the sausage is cooked completely.

Remove pot from stove and drain sausage in a large colander. Drain completely. In the same pot, sauté onions, butter, rosemary, garlic, thyme, black pepper and parsley.

Add 1/4 cup of flour and stir until flour is mixed completely. Add the sausage back to the pot. Stir very well. Add heavy cream and half & half.

Stir and simmer under low heat. Cook to desired thickness. Add cayenne pepper and salt to taste.

Add 2% milk to extend if gravy becomes too thick.

The Flying Biscuit Salmon Cakes

Ingredients:

5 6oz pieces of salmon
5 eggs
1 cup diced red and green pepper
½ cup diced onion
4 cups of bread crumbs
2 cup of mayonnaise
1 tablespoon fresh dill
½ teaspoon black pepper
½ tablespoon salt
1 tablespoon dried yellow mustard

Cook salmon in oven at 300°F for 8-10 minutes.

Allow the salmon to cool before breaking it into small pieces.

Combine salmon, eggs, and mayonnaise. Mix well. Add the rest of the ingredients.

Portion the mixture into 12 round patties.

Heat 10 inch sauté pan, lightly coated with clarified butter over medium heat. Cook patties for approximately 2 ½ minutes per side depending on thickness or until lightly browned.

The Flying Biscuit Black Bean Cakes

Served with Green Salsa as per TV segment

(Green Salsa recipe is below)

Ingredients:

2 (15 ounce) cans cooked black beans
2 tablespoons canola oil
2 tablespoons minced yellow onion
2 garlic cloves, minced
1 teaspoon ground cumin
1 teaspoon kosher salt
_ cup masa de harina

Rinse and drain black beans in a sieve.

In a small sauté pan heat 1 tablespoon of the canola oil over medium heat. Cook onion, garlic, cumin, and salt until onions are translucent.

Place drained beans and onion mixture in a bowl and mash with a potato masher until well combined. Gradually add masa, allowing mixture to absorb it before adding more. Test dough by rolling it in the palm of your hand. Keep adding masa until dough doesn't stick to your hand and holds the shape of a ball.

Divide dough into 16 small balls and flatten into cakes. Place a large skillet over medium heat and add the remaining 1 tablespoon of canola oil. Sauté cakes until lightly browned on each side, about 3 to 5 minutes per side. Top with Green Salsa, feta cheese, and slivered red onion

The Flying Biscuit Green Salsa

Ingredients:

1 _ pounds tomatillos
_ cup minced yellow onion
2 garlic cloves, peeled
2 serrano peppers, stemmed and seeded
_ teaspoon kosher salt
_ teaspoon white pepper
3 tablespoons chopped fresh cilantro

Preheat oven to 350°F

Peel the husks off the tomatillos. Place them in a roasting pan with the onion, garlic, and serrano peppers. Roast for 25 to 35 minutes. The tomatillos will break down and become juicy. Remove from oven and cool.

The Flying Biscuit Organic Oatmeal Pancakes

Ingredients:

2 cups organic rolled oats
2 cups nonfat buttermilk
2 large eggs, lightly beaten
4 tablespoons unsalted butter, melted and cooled
1/2 cup all-purpose flour
2 tablespoons sugar
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
Canola oil for griddle
Toppings
Butter
Warm maple syrup

Combine oats and buttermilk in a large bowl. Cover and refrigerate for 2 hours, or overnight. Add eggs and melted butter to oat mixture. Sift together flour, sugar, baking powder, baking soda, cinnamon and salt. Add to oat mixture. Preheat griddle. Spread out batter with the back of the ladle. When bubbles appear, gently flip cakes and cook until golden brown, about 5 minutes per side. Serve hot. This recipe make about 20 pancakes, serving 6-8 people.

The Flying Biscuit Cranberry Apple Butter

Ingredients:

2 cups of dark brown sugar
1 cinnamon stick
1 1/4 teaspoons ground cinnamon
1 teaspoon ground nutmeg
1 teaspoon ground cloves
1 cup freshly squeezed orange juice
2 cups cranberries
10 Granny Smith apples, peeled, cored, and thinly sliced

Place sugar, spices, and orange juice in a large, heavy-bottomed saucepan. Bring to a simmer and add the cranberries. Cook over medium heat until cranberries begin to pop.

Add the apples and cook over low heat, stirring frequently. Cook until apples are tender and falling apart. Puree contents of saucepan in a food processor or mash with a potato masher until smooth and thick. Cool and serve with hot biscuits.

Cranberry Apple Butter will keep for 2 to 3 weeks in the refrigerator.

Yeilds: 4 _ Cups

SPECIAL BONUS RECIPE!

The Flying Biscuit Banana, Chocolate Chip, and Pecan Scones

Ingredients:

4 cups of flour
1 _ teaspoons baking powder
_ cup of sugar
_ teaspoon of salt
1 _ cup of heavy cream
1 teaspoon of vanilla
1 cup of pecan pieces
3 medium ripe bananas
2 cups of chocolate chips

In one bowl blend together flour, baking powder, sugar, and salt.

Then in a separate bowl mash the bananas and vanilla together.

Incorporate heavy cream into banana and vanilla mixture. And then gently blend to flour mixture. Do not over mix. Fold in chocolate chips and pecans.

Turn out onto floured surface and knead gently 2 turns. Roll dough into a large circle one inch thick. Cut into eight triangles.

Arrange on sheet tray covered with a Silpat or parchment paper. Brush top of scone with cream and sprinkle with sugar.

Bake for 20 minutes at 300°F.