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Name of dish	Delicious Homemade Biscuits of Appalachia	
Ingredients	Ingredients Quantity Salted butter 1 80z stick Self-raising flour (Add one tablespoon of baking soda to same quantity of all-purpose flour to substitute for self-raising flour) 2 cups Buttermilk -Whole or low-fat. (Add one tablespoon of lemon juice or white vinegar to a cup of ordinary milk to substitute for buttermilk)¾ cup	
Directions	Pre-heat the oven to 375 F. Grate the frozen stick of butter into the flour and mix well. Create a divot in the center and pour the buttermilk into it. Mix the butter milk into the flour mixture. Mixing can be done with fingers or with a spoon until a doughy texture is obtained. Flour your workspace and roll the dough to ¼ to ½ inch thick. Cut with a circular cutter or the edge of a cup of the size that you would like and bake for 20 minutes. The raw biscuits can be frozen for later use.	

Other relevant information	This recipe is a family favourite from the hills of Appalachia because it requires very few ingredients. It is a very modifiable recipe. People tend to vary it and even roll the dough out in different ways. The author recommends playing with the recipe and experimenting!	
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