

Kids' Cooking Camp #1 - Biscuits and Sticky Cinnamon Biscuits!

This class is suitable for all ages! We'll make biscuits and cinnamon sticky biscuits — you can make one or both, and customize your biscuits however you like... make yours plain, cheesy, or add berries or chopped chocolate! The cinnamon sticky biscuits are like cinnamon buns, only faster. Here are the recipes so you know what you'll need. Hope to see you there!

Tuesday, January 4, 10 AM MT (9 AM PT/12 ET)

Zoom link: [https://us02web.zoom.us/j/81922033039?](https://us02web.zoom.us/j/81922033039?pwd=WmtBelFBVIZ4YIRBY1FkVTNpR1FoQT09)

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Sticky Cinnamon Biscuits

These cinnamon sticky biscuits, which are like cinnamon buns, only faster (no need to wait for yeast-raised dough to rise) are easy to make and extremely delicious. If you like, making an icing drizzle by stirring together about 1/2 cup icing sugar and 1-2 Tbsp milk, cream or melted butter (I like a bit of melted butter and a bit of milk or cream!) and drizzle over your finished biscuits.

Stickiness:

1/4 cup butter

1/4 cup packed brown sugar

1/4 cup golden or maple syrup or honey

2 Tbsp water (optional, if you want the goo to be runnier)

Biscuits:

2 cups all-purpose flour (or half all-purpose, half whole wheat)

1 Tbsp baking powder

1/2 tsp salt

3/4 cup milk (any kind - or plain yogurt or sour cream, thinned with water)

1/4 cup canola or other vegetable oil

Filling:

1/2 cup packed brown sugar

2-3 Tbsp Roger's Golden or maple syrup or honey (a drizzle!)

a shake of cinnamon

Preheat the oven to 375°F.

Put the butter, brown sugar and syrup into a parchment-lined or buttered 8x8 or 9x9-inch pan. Add about 2 Tbsp water too if you want the goo to be a bit runnier, vs on the chewy side. Put the pan in the oven as it preheats - for about 5

minutes, or just long enough to melt the butter. Pull out the pan and stir the butter, brown sugar and syrup together with a fork.

In a medium bowl, combine the flour, baking powder and salt. Add the milk and canola oil and stir just until you have a soft dough. On a lightly floured surface, pat or roll the dough into about a 9 x 12-inch rectangle (aim for a bit bigger than a standard sheet of paper - it doesn't have to be perfect).

Sprinkle with brown sugar and drizzle with syrup. Sprinkle with cinnamon. Starting from a long side, roll tightly jelly-roll style into a log. Cut into 9 biscuits using dental floss or a serrated knife, and place cut side down in the pan.

Bake for 20 minutes, until golden. Slide out on the parchment or invert onto a plate while still warm. Makes 9 biscuits.

Flaky Biscuits

There isn't one proper (or even best) way to make a batch of biscuits—the route you take will depend on your mood, what you happen to have in the fridge, and how you decide on that particular day to rub the butter into the flour, baking powder and salt.

You can use buttermilk if you have it, or yogurt or sour cream thinned with milk or water if you have a container that's nearing the end of its life. If you want to make scones, which tend to be richer and cakier with a sweeter, softer crumb, add a spoonful or two of sugar to the dry ingredients and crack an egg into your measuring cup before topping it up with milk or cream, and whisk it together with a fork. (Add a handful of berries, chopped fruit, nuts or chocolate to the dry ingredients if you like, or some grated citrus zest to the milk.)

This has become my go-to biscuit recipe—it's a good size, but could easily be doubled if you need a larger batch. I often turn them into cheese biscuits by adding a big handful of grated cheese (something flavourful, like aged cheddar or Gouda) to the dry ingredients before adding the milk or cream.

2 cups all-purpose flour

1 Tbsp baking powder

1/2 tsp baking soda (if you're using buttermilk)

1/2 tsp salt

1/2 cup butter, cold

3/4 cup cream, milk, buttermilk or thinned yogurt or sour cream

Preheat the oven to 425°F. In a large bowl, stir together the flour, baking powder, baking soda (if you're using it) and salt.

Add the butter by grating it with the coarse side of a box grater, or cutting it into pieces into the flour mixture. Rub it in with your fingers, making flat pieces between your thumb and fingers (as if you were snapping your fingers), or blend it with a pastry blender or fork. Add the cream or milk and stir just until the dough comes together. (It may look shaggy—that's OK.)

Gather it all up, including all the rough/dry bits in the bottom of the bowl, pat it out about half an inch thick and fold it over itself in thirds, as if you were folding a letter. (The folding will give you visually satisfying layers, but it's not necessary.) If the mixture seems too dry—it may, depending on how you measured the flour or how thick your dairy is—add a small drizzle (2-4 Tbsp) of milk or cream to help bring it together. Try to gather it together with your hands first though—you may be surprised that it's actually enough.

Pat the dough out about an inch thick and cut into wedges, squares or rounds with a knife or cutter. Brush the tops with a bit more milk or cream (there should be enough left in the bottom of the measuring cup) and bake for 15-20 minutes, or until deep golden. Makes about 8 biscuits.