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Baking powder version wins kudos from bakers

Debby Stock Kiefer Beacon Journal

Suzanne Newcomb of Cuyahoga Falls wanted the recipe for Crocker's ``heavenly" biscuits.

Darlene Heinl of Brandon, Fla., was an angel to send a recipe with the right name, though it's not from Crocker's. It uses yeast and baking powder.

The second recipe is for baking powder biscuits and was rated highly at www.allrecipes.com by bakers who tried it.



Maybe one of these recipes will also satisfy Nancy Stecyk of Uniontown, who wrote in hoping to get Jack Horner's biscuit recipe.

Here are tips on making biscuits, most of them from www.baking911.com:

- Make sure your leaveners haven't expired.
- Don't overwork dough, or biscuits will come out dry and hard. Dough should just come together and still be sticky before kneading.
- Push floured cutter straight down without twisting. This helps with flakiness and rising.
- For a better rise, biscuits should barely touch in pan.
- For more even browning, use a greased aluminum pan instead of a nonstick or dark pan.
- Brush melted butter, milk or cream on biscuit tops before baking for better browning.

HEAVENLY BISCUITS

1 package dry yeast

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- ½ cup warm water
- 2 1/2 cups flour
- 1 tsp. baking powder
- 1 tsp. salt
- 1/4 cup sugar
- ½ cup shortening
- 1 cup buttermilk

Dissolve yeast in warm water. Set aside.

Mix dry ingredients in order given, cutting in the shortening as for pie dough.

Stir in the buttermilk and yeast water. Mix. (At this point, the dough can be refrigerated in a large covered bowl for as long as three days.)

Turn dough out on floured board and knead lightly. Roll out and cut and place on greased pan. Let biscuits rise slightly. Pop into a 400-degree oven until lightly browned.

J.P.'s BIG DADDY BISCUITS

- 2 cups all-purpose flour
- 1 tbsp. baking powder
- 1 tsp. salt
- 2 tbsp. white sugar
- 1/3 cup shortening
- 1 cup milk

Preheat oven to 425 degrees. In a large bowl, whisk together the flour, baking powder, salt and sugar. Cut in the shortening until the mixture resembles coarse meal. Gradually stir in milk until dough pulls away from the side of the bowl.

Turn out onto a floured surface and knead 15 to 20 times. Pat or roll dough out to 1 inch thick. Cut biscuits with a large cutter or juice glass dipped in flour. Repeat until all dough is used. Brush off excess flour, and place biscuits on ungreased baking sheet.

Bake for 13 to 15 minutes, or until edges begin to brown.

Makes 6 huge biscuits (or more small ones).

Dough can be made up to a day ahead and refrigerated, wrapped in greased foil.

Beef barley soups

Jill Nagy of Wadsworth loves the Beef Barley Soup With Mushrooms served at the Hilton Akron/Fairlawn on West Market Street.

L.C. of Akron sent in two recipes. We're printing the one that calls for stew beef.

The second recipe, for those who want the beef flavor without the meat, is from www.cooks.com. Additional flavor comes from the dry sherry and tomato paste.







The third recipe, from www.cdkitchen.com, is for those who depend on their slow cookers to get them through the week. It calls for the vague ``frozen vegetable mix," which could be whatever you want. I think I'd go for one of the newer blends, such as potatoes, green beans and red peppers.

Wouldn't biscuits be a nice accompaniment?

HOMESTYLE BEEF, BARLEYAND MUSHROOM SOUP

- 1 lb. beef for stew, cut into 3/4-inch pieces
- 1 large onion, cut into 8 wedges
- 1 clove garlic, minced
- 2 tbsp. cooking fat or oil
- 1 tsp. salt
- 1/8 tsp. pepper
- 4 cups water
- 1/4 to 1/2 cup pearl barley
- 1 bay leaf
- 1 cup sliced carrots
- 1/2 lb. mushrooms, sliced
- 1/4 cup snipped fresh parsley

Brown beef, onion and garlic in fat in Dutch oven. Pour off drippings. Sprinkle salt and pepper over beef. Add water, barley and bay leaf. Cover tightly and simmer 30 minutes. Add carrots and cook, covered, 30 minutes. Add mushrooms and cook, covered, another 30 minutes, or until beef is tender and barley is done. Remove bay leaf. Stir in parsley.

Makes four 1 ½ cup servings.

MUSHROOM BARLEY SOUP

- 1 lb. fresh mushrooms
- 6 tbsp. butter
- 1 cup finely chopped onion
- 1 clove garlic, minced
- 2 cans condensed beef broth
- 5 soup cans water
- 3 tbsp. tomato paste or ketchup
- 3/4 tsp. salt
- A few twists freshly ground pepper

- 1 bay leaf
- ½ cup barley
- 1/4 cup chopped fresh parsley
- 1 1/2 cups sliced celery with leaves
- 1 ½ cups sliced carrots
- 4 tbsp. dry sherry
- 1 pint (2 cups) sour cream

Chop half the mushrooms. Slice remaining mushrooms and set aside. In large saucepan, melt 4 tbsp. butter. Add chopped mushrooms along with onions and garlic. Saute 5 minutes. Stir in broth, water, tomato paste, salt, black pepper and bay leaf. Heat to boiling. Stir in barley. Reduce heat, cover and simmer 1 hour. Add parsley, celery and carrots. Cook covered about 30 minutes longer, until vegetables and barley are tender.

In medium skillet, melt remaining 2 tbsp. butter. Add the reserved sliced mushrooms and saute 5 minutes. Add to soup along with sherry. Ladle into bowls and top with dollop of sour cream.

Makes about 2 quarts, serving 8.

BEEF AND BARLEYCROCK-POT SOUP

- 1 1/2 lb. beef, cut into cubes
- 1 large onion, chopped
- 1 bag frozen vegetable mix of choice
- 1 1/2 cups water
- 1 tsp. salt
- 1 tsp. chopped fresh thyme
- 1/4 tsp. pepper
- 2 cans (14.5-oz. size) ready-to-serve beef broth
- 2 cans (14.5-oz. size) diced tomatoes with garlic, undrained
- 1 can (8 oz.) tomato sauce
- 2/3 cup uncooked barley
- 1 package sliced mushrooms

Mix all ingredients in a large slow cooker and cook on low heat for 6 to 8 hours, or until everything is tender. Soup can also be cooked on top of the stove in a large soup pot.

Recipe requests

Bill and Libby Rosenblatt of Silver Lake would like a recipe for a tender and tasty turkey leg. They've tried many methods, and nothing compares with the turkey legs they got at a fair in Colorado a few years ago.

Marcy Johnson of Canal Fulton wants to know how to make Red Lobster's tartar sauce, which she dearly loves.

Send your recipes, requests and cooking tips to: Debby Stock Kiefer, Recipe Roundup, Features Department, Akron Beacon Journal, P. O. Box 640, Akron, OH 44309-0640. Or e-mail dstock@thebeaconjournal.com; be sure to type Recipe Roundup in the subject field so your e-mail isn't mistaken for spam. Either way, include your full name, address and phone number. Initials will be printed on request.











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