

Cornmeal Thyme Biscuits

Author: From Chef Jeff Jackson at The Lodge at Torrey Pines, La Jolla, CA



Notes: The Chef's recipe was double the quantity above, and there was no number of servings. I'm merely guessing at 12 - it might be many more.

1. Preheat oven to 350°.
2. Sift the dry ingredients together into a medium-sized bowl.
3. Using a pastry cutter, cut the butter into the dry ingredients until the butter becomes pea-sized.
4. Add fresh thyme and buttermilk. Mix until the dough just comes together. Do not overwork or the biscuits will be tough.
5. Roll out dough on a lightly floured surface to approximately 1-inch thickness. Cut into desired shapes. Place on ungreased baking sheet.
6. Bake for 20-30 minutes, turning the pan halfway through. Serve immediately.

2 1/4 cups all-purpose flour
1/3 cup cornmeal, plus 1 tablespoon
3 tablespoons sugar
2 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
6 ounces butter, [the recipe doesn't specify salted or unsalted]
1 cup buttermilk
3 sprigs fresh thyme, stems removed, chopped

Per Serving (excluding unknown items): 222 Calories; 12g Fat (48.3% calories from fat); 4g Protein; 25g Carbohydrate; 1g Dietary Fiber; 32mg Cholesterol; 338mg Sodium.
Exchanges: 1 1/2 Grain(Starch); 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>