

## Baking Powder Biscuits

2 cups sifted flour

2 1/4 teaspoons baking powder

1 1/8 teaspoons salt

1 tablespoon sugar (optional)

3 tablespoons butter

2/3 to 3/4 cup skim milk

Combine and sift dry ingredients together. (Sugar may be omitted, though it adds flavor and helps biscuits brown.) Cut shortening in or blend with the finger tips. Add milk to make soft dough. Knead lightly about 6 or 8 times on a flour-sprinkled board. Roll to 1/2 to 3/4 inch thick and cut with floured cutter. Place biscuits on ungreased baking sheet. Bake in hot 450 degree oven about 12 or 15 minutes or until browned to suit. Makes 18 to 20 biscuits 1 1/2 inches thick.

The main meal of the day was usually eaten at noon and was called "dinner." Schoolchildren took filling food to school in the days long before "hot" lunches were served at school.

*Food in Kansas*

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