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Drop Biscuits Provide an Easy Solution to Help “Save the Biscuit”

MEMPHIS, Tenn. (September 2013) – Because of today’s busy lifestyle, making homemade biscuits is becoming a lost art form. Join **White Lily®** to help “Save the Biscuit” by learning, teaching and sharing with others the joy of making biscuits.

“If you are an aspiring biscuit maker or just need a quicker recipe, easy-to-make drop biscuits are the perfect choice,” said baking expert Linda Carman. “Drop biscuits save time in the kitchen without sacrificing taste!”

The beauty of drop biscuits is that they have a wonderfully crisp crust with a soft classic biscuit texture on the inside. They get their name because the dough is soft enough to drop from a spoon onto the baking sheet.

Drop Biscuits are made exactly the same way as the iconic *White Lily Light and Fluffy Biscuit* without the kneading, rolling and cutting steps. Simply cut shortening into self-rising flour, add milk, drop on the pan and bake.

Another joy of the drop biscuit recipe is that, with a couple additions, you can make a completely different type of biscuit. *Sweet Blueberry Drop Biscuits* combine sugar and blueberries with the **White Lily** classic biscuit recipe, baking up a sweet biscuit that is delightfully light in texture.

Prefer savory instead? Prepare *Bacon Cheddar Drop Biscuits* by adding cheese and bacon to the biscuit dough. These biscuits have great flavor and the slightly crunchy texture is enormously satisfying.

Other delicious combinations are cinnamon and sugar, or try blue cheese and garlic. Bake smaller versions of these biscuits to serve as appetizers at your next party, or as part of an on-the-go breakfast for your family.

“Above everything else, spending time in the kitchen experimenting with biscuits gives you a chance to take a break from the hustle-bustle of life,” said Carman. “Take the time to share your new recipes with other family and friends. They, too, can ‘Save the Biscuit!’”

Learn more about how you can join **White Lily** and help “Save the Biscuit.” Visit www.whitelily.com for more recipes and baking tips.

Drop Biscuits

Crisco® Original No-Stick Cooking Spray
2 cups **White Lily**® Enriched Bleached Self-Rising Flour
1/4 cup **Crisco** All-Vegetable Shortening or 1/4 stick **Crisco**
Baking Sticks All-Vegetable Shortening
2/3 to 3/4 cup milk or buttermilk, plus additional as needed

1. HEAT oven to 500°F. Spray baking sheet with no-stick cooking spray.
2. PLACE flour in large bowl. Cut in shortening with pastry blender or 2 knives until crumbs are the size of peas.
3. BLEND in just enough milk with a fork until dough leaves sides of bowl. If needed, add more milk to form soft dough. Drop dough by rounded tablespoonfuls onto baking sheet.
4. BAKE 8 to 12 minutes or until lightly browned.



TIP: Cooled biscuits can be frozen up to one month in plastic food storage bags. Reheat by placing in oven 5 to 10 minutes or microwave about 1 minute.

Makes 12 biscuits

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Sweet Blueberry Drop Biscuits

Crisco® Original No-Stick Cooking Spray
2 cups **White Lily®** Enriched Bleached Self-Rising Flour
1/3 cup sugar
1/4 cup **Crisco** All-Vegetable Shortening, chilled
2/3 to 3/4 cups milk or buttermilk, plus additional as needed
1 cup fresh or frozen blueberries, if frozen, do not thaw



1. HEAT oven to 500°F. Spray baking sheet with no-stick cooking spray.
2. COMBINE flour and sugar into bowl. Cut in shortening with pastry blender or 2 knives until crumbs are the size of peas. Blend in just enough milk with a fork until dough leaves sides of bowl. If needed, add more milk to form soft dough. Gently stir in blueberries.
3. DROP dough by rounded tablespoonfuls onto prepared baking sheet 1 to 2 inches apart. Bake 8 to 10 minutes or until golden brown.
4. COOL 2 minutes. Split and serve warm with butter.

Makes 12 biscuits

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Bacon Cheddar Drop Biscuits

Crisco® Original No-Stick Cooking Spray
2 cups **White Lily®** Enriched Bleached Self-Rising Flour
1/4 teaspoon ground red pepper (cayenne), optional
1/4 cup **Crisco** All-Vegetable Shortening
1 cup shredded sharp cheddar cheese
1/2 cup chopped cooked bacon
2/3 to 3/4 cup milk or buttermilk, plus additional as needed
2 tablespoons melted butter



1. HEAT oven to 500°F. Spray baking sheet with no-stick cooking spray.
2. WHISK together flour and cayenne, if desired. Cut in shortening with pastry blender or 2 knives until crumbs are the size of small peas. Stir in cheddar and bacon. Blend in just enough milk with a fork until dough leaves sides of bowl. If needed, add more milk to form soft dough.
3. DROP dough by rounded tablespoonfuls onto prepared baking sheet 1 to 2 inches apart. Bake 8 to 10 minutes or until golden brown. Brush with melted butter.

Makes 12 biscuits

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