



FOR IMMEDIATE RELEASE

Color images available upon request

CONTACT:

Courtney Eller

615.780.3336

Courtney.Eller@dvl.com

Look Beyond the Breakfast Table for the Iconic Biscuit

MEMPHIS, Tenn. (September 2014) – Once a year, September rolls around and brings with it a reason to celebrate all that is fluffy, golden and delicious. That’s because it is National Biscuit Month – a time to celebrate a Southern food icon and the tradition of biscuit making for any meal, not just breakfast.

In honor of National Biscuit Month, **White Lily**[®] flour is encouraging bakers to “Save the Biscuit” by learning, teaching and sharing with others the joy of making biscuits. There is no substitute for a scratch-made biscuit, which is why biscuit making is a tradition worth preserving.

“Growing up, I always loved having breakfast for dinner, because no matter what else we had, Mother always served her wonderful homemade biscuits hot out of the oven,” said baking expert Linda Carman. “Almost everyone likes breakfast foods, but since we often don’t have time to do a lot of cooking in the mornings, it’s fun to occasionally serve breakfast at dinner.”

Looking for a twist on the iconic biscuit? [Country Ham and Cheese Biscuits](#) are an easy variation on the classic. This biscuit is so hearty and delicious; all you need to add to the menu is scrambled eggs and fresh fruit.

A one-dish wonder like the [Scrambled Egg Biscuit Braid](#) is sure to impress family and friends. The braid is easier to create than it appears, and filled with cheesy eggs and bacon, it’s sure to become a favorite for any time of the day.

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

Country Ham and Cheese 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
1 cup finely chopped cooked country ham
1 cup shredded Swiss cheese
1 cup sour cream
1/4 cup milk or buttermilk
2 tablespoons butter, melted



1. **HEAT** oven to 450°F. Spray baking sheets with no-stick cooking spray.
2. **PLACE** flour in large bowl. Cut in shortening with pastry blender or 2 knives until mixture is the size of peas.
3. **ADD** ham, cheese and sour cream. Gradually add milk, stirring only enough to moisten flour and hold dough together.
4. **TURN** dough onto lightly floured surface. Knead gently two or three strokes. Gently pat or roll dough to 1/2-inch thickness. Cut with floured 2-inch biscuit cutter, leaving as little dough between cuts as possible. Gather remaining dough; re-roll one time. Cut as described above. Discard scraps.
5. **PLACE** on prepared baking sheet 1 inch apart for crisp sides or almost touching for soft sides.
6. **BAKE** 8 to 10 minutes, or until tops are golden brown. Brush tops with melted butter. Serve hot.

Makes 12 servings

©/® **The J. M. Smucker Company**

Scrambled Egg Biscuit Braid

Eggs

1 tablespoon butter
6 large eggs, lightly beaten
1 cup shredded sharp cheddar cheese
1/4 teaspoon coarsely ground black pepper

Biscuit Dough

2 1/4 cups **White Lily** Enriched Bleached Self-Rising Flour
6 tablespoons cold butter, cubed
3/4 cup buttermilk
Crisco Original No-Stick Cooking Spray

Fillings and Topping

3/4 cup diced ham or crumbled cooked bacon
3 tablespoons sliced green onions or chives
1 tablespoon butter, melted
1 teaspoon chopped fresh parsley
1/4 teaspoon garlic salt

1. HEAT oven to 375°F.
2. MELT 1 tablespoon butter in medium skillet on medium high heat. Beat eggs with fork or whisk in medium bowl. Stir in cheese and pepper. Pour into skillet. Scramble eggs just until no longer runny. Remove from heat. Set aside.
3. PLACE flour in medium bowl. Cut in 6 tablespoons butter with pastry blender or 2 knives until crumbs are the size of small peas. Make a deep well in the center of flour mixture. Stir in buttermilk with a fork just until dough forms. If dry flour remains in bottom of bowl, add 1 more tablespoon buttermilk and stir. (All the flour may not be fully incorporated.)
4. TURN mixture onto lightly floured surface. Press dough into a ball. Knead 7 to 10 times. Press or roll dough into a rectangle, about 1/2-inch thick.
5. COAT baking sheet with no-stick cooking spray. Place dough on baking sheet. Roll out to a 12 x 10-inch rectangle. Gently lift sides of dough to loosen from pan. Spoon egg mixture lengthwise down center 1/3 of dough. Top with ham and green onions.
6. CUT diagonal slits in dough 1 inch apart on each side of filling. Lift strips of dough up and diagonally over the filling, alternating sides and overlapping ends of strips, creating a braid.
7. BAKE 22 to 25 minutes or just until light golden brown. Combine remaining 1 tablespoon butter, parsley and garlic salt in small bowl. Brush over warm braid. Cool on baking sheet on wire rack 10 minutes.

Makes 6 servings

©/® **The J. M. Smucker Company**