

Tristan and Laila's Apple Cinnamon Biscuits

PREP: 10 MINS (plus baking time) YIELD: 8 Biscuits

Caramelized Apple Ingredients:

1 Tablespoon Butter

1 Apple, unpeeled and chopped into small cubes*

2 tablespoons Cold water

1/2 teaspoon Cinnamon

1/2 teaspoon Vanilla extract

**Granny Smith, Golden Delicious, Honeycrisp apples are good selections because they won't mush up when cooked. Red delicious, Fuji and Macintosh apples don't hold up well when cooked.*

Biscuit Dough Ingredients:

1 cup All-purpose flour

1 cup Oatmeal flour (see Notes)

1 Tablespoon Brown sugar (dark or light)

1 Tablespoon Baking powder

1/4 teaspoon Table salt

*4 Tablespoons Unsalted butter, grated** and chilled*

2 Tablespoons Unprocessed coconut oil, coarsely chopped (preferably the solid, not the oil) or Crisco

1 cup Buttermilk, chilled

1 Tablespoon Heavy cream, chilled

1 teaspoon Vanilla extract

***To facilitate the grating of the butter, freeze first and then grate. Keep grated butter chilled in the refrigerator.*

Caramelized Apple Instructions:

1. Melt the butter in a small-size skillet and add the apples, water and cinnamon.

2. Cook, covered over medium heat for about 5 minutes in order to soften the apples.
3. Remove the lid and cook, uncovered, over medium heat until the liquid evaporates.
4. Reduce heat to medium-low and continue cooking, stirring periodically, until the apples have caramelized and are a golden brown.
5. Take off the heat and stir in the vanilla extract.
6. Set aside to cool.

Biscuit Instructions:

1. Preheat the oven to 400 degrees Fahrenheit.
2. Grease a round 8-inch cake pan or muffin tin.
3. Combine all of the dry ingredients in a large bowl and mix well.
4. Mix in the cooled caramelized apple cubes.
5. Add the coconut oil and flake with a fork.
6. Repeat with the grated butter, combining with a fork.
7. Mix in the buttermilk, cream and vanilla extract until barely combined.
8. Lightly flour hands and mold a handful of the biscuit dough into a circular disc. Place in the cake pan. Alternately, use a ¼ cup capacity ice cream scoop to place mounds of dough into the muffin cups.
9. Repeat with the remaining dough, lightly flouring your hands, as needed, until the cake pan is filled with biscuits. If using a cake pan, make sure the biscuits are lightly touching each other but not crammed together (in order to promote proper rising of the dough).
10. Bake in the oven for approximately 16 minutes, until the surface of the biscuits are a golden-brown.

Notes:

Oatmeal flour is sold in most grocery and health food stores, but is easily made at home for less money. Simply pulverize traditional rolled oats in a food processor until it resembles the texture of regular flour.

