

Cinnamon Drop Biscuits

Student Name: _____ Period: _____

125 mL sifted all-purpose flour

125 mL whole-wheat flour

7 mL baking powder

30 mL white sugar

1 mL salt

1 mL ground cinnamon

30 mL cold margarine

125 mL milk

Topping: 15-25 mL cinnamon sugar



1. Preheat oven to 425 F. Line a cookie sheet with parchment paper.
2. In a large bowl, sift and re-measure 125 mL all-purpose flour. Make sure NOT to shake or pack the flour when measuring.
 - **Question:** Why is it important not to shake or pack sifted flour?
 - **Answer:** _____
3. Combine sifted all-purpose flour with whole wheat flour. Use a fork to blend baking powder, white sugar, salt, and ground cinnamon into the flour mixture.
 - **Question:** Do you have to sift whole wheat flour?
 - **Answer:** _____ **because:** _____
4. Add cold margarine into dry ingredients in the large bowl. Use a pastry cutter/blender to cut in solid fat into small crumbs (pea size)
 - **Question:** Describe/sketch the movement of “cutting in” using a pastry cutter/blender
 - **Answer:**

5. Make a well in the crumbly dry ingredients. Pour the milk into the well all at once. Stir with a fork until mixture are moisten but not smooth (still lumpy looking!)

Question: Overmixing flour with liquid can develop too much of this tough structure called.....

Answer: Tough protein from overmixing liquid with flour is called _____

6. Scoop 25 mL of the batter up. Use a rubber spatula to push batter onto prepared baking sheet. Make sure to give 2 inches distance between each batter.

- **Question:** Why is it important NOT to place batter too close beside each other?

- **Answer:** _____

7. Evenly sprinkle cinnamon sugar onto the surface of biscuit batter.

8. Bake for 12-15 minutes or until bottom and edges are golden brown.

9. Remove baked biscuits onto a cooling rack in order to cool completely.

- **Question:** What will happen if you allow biscuits to cool sitting on baking pan?

- **Answer:** _____

10. Wipe or wash sugar and crumbs off parchment paper. Return to teacher to be reuse.

- **Question:** What other flavours are you able to create with this recipe?

- **Answer:** _____