

Bakers Banquet



The Buttermilk Biscone

For the Biscone:

- 1 1/2 cups (180 grams) all-purpose flour
- 1 1/2 cups (180 grams) cake flour (not self-rising)
- 1/2 cup (100 grams) granulated sugar
- 2 tablespoons baking powder
- 3/4 teaspoon kosher salt
- 1/4 teaspoon ground cardamom
- 1/2 pound (2 sticks) cold, unsalted butter, cut into 1/2 inch cubes
- 1 1/2 cups (360 ml) buttermilk, or more as needed
- 1 egg beaten, with a pinch of fine sea salt, for the egg wash
- 3 tablespoons turbinado sugar (if you have)

Directions:

Position a rack in the middle of the oven and preheat the oven to 375°F.
Line a baking sheet with parchment paper.

In a large mixing bowl whisk together the flours, granulated sugar, baking powder, salt and cardamom until completely combined. Add the butter. Working quickly, either cut in the butter with a pastry blender or use your hands (like me!) to squeeze and smush the butter into various sized pieces. You should have a range from sandy patches, to pea sized chunks, as well as some larger bits.

Gradually pour in the buttermilk and gently fold the ingredients until you have a soft dough and there is no flour left at the bottom of the bowl. If the dough seems dry you may need to add more buttermilk a tablespoon at a time. (I didn't need to.) The dough should be moist and slightly sticky.

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With damp hands, gently pat down the dough until it resembles loaf of bread. Using a large ice cream scoop, scoop mounds of dough onto the prepared baking sheet, about 1 inch apart so they have room to rise and puff up. Lightly tap down the top of each biscone with the palm of your hand.

Brush the top of the biscones with the egg wash. Sprinkle with turbinado sugar.

Bake 20-25 minutes, until they are lightly golden and fully baked. Serve warm or at room temperature. Serve with jam. They taste best the day you make them.