

# Southern Biscuits Nathalie Dupree

## Southern Biscuits: The Ultimate Guide to Baking a Perfect Batch with Nathalie Dupree

Fluffy, buttery, and slightly crispy, Southern biscuits are a beloved staple in many homes across the United States. With a history deeply rooted in Southern cuisine, these irresistible treats have become synonymous with comfort food, family gatherings, and warm hospitality. If you're seeking to master the art of creating perfect Southern biscuits, look no further than the guidance of renowned chef and cookbook author Nathalie Dupree.



## Southern Biscuits by Nathalie Dupree

★★★★☆ 4.6 out of 5

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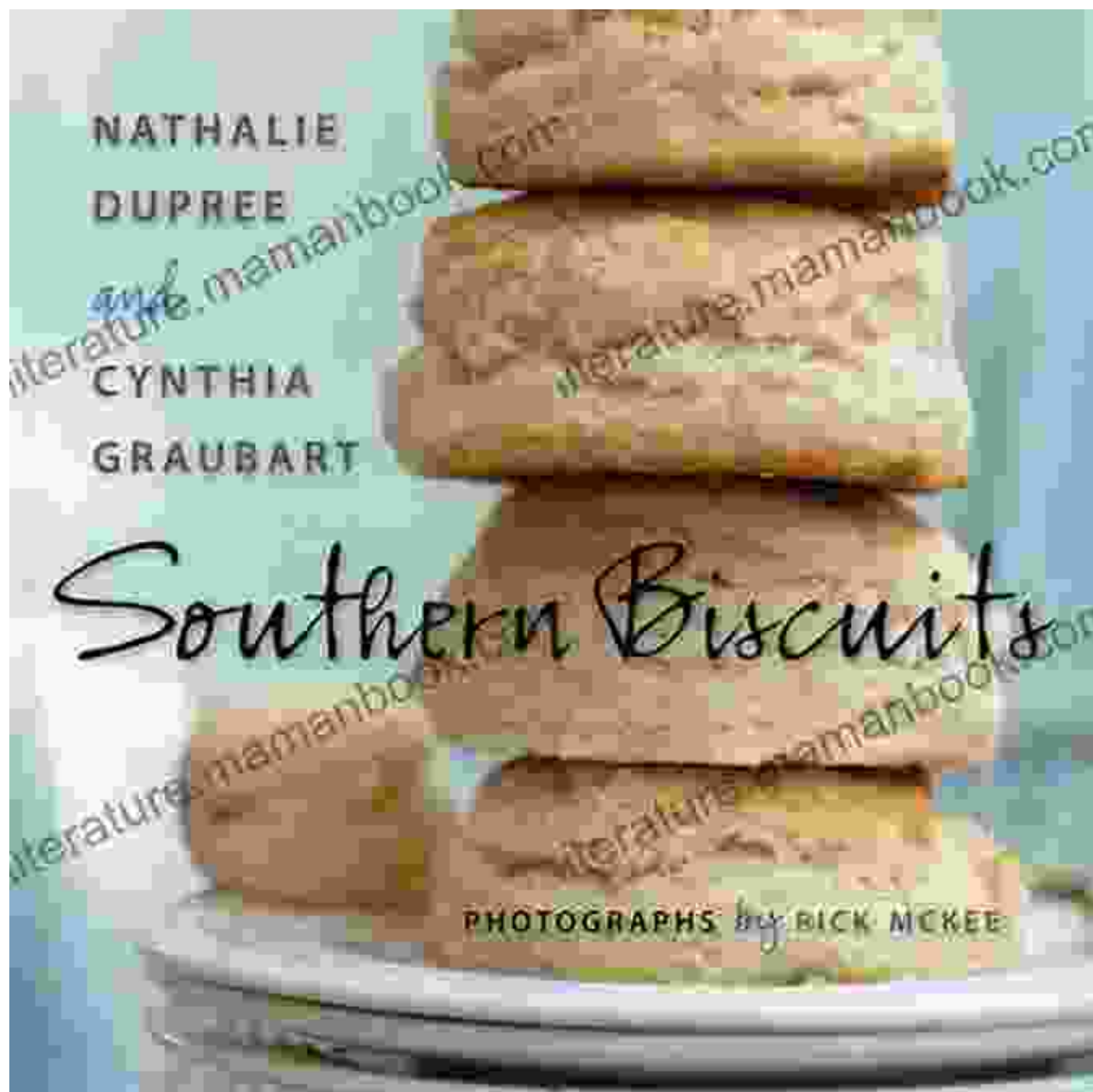
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## Nathalie Dupree: A Culinary Legacy

Born in Savannah, Georgia, in 1937, Nathalie Dupree is a culinary icon widely recognized for her expertise in Southern cooking. Her passion for food was ignited at an early age, as she spent countless hours observing her grandmother's culinary creations in the kitchen. After graduating from

Le Cordon Bleu in Paris, Dupree returned to her hometown and embarked on a career that would forever change the Southern food landscape.



Throughout her illustrious career, Dupree has authored numerous cookbooks, including two dedicated to the art of baking Southern biscuits. Her books have become indispensable resources for home cooks and

culinary professionals alike, offering a wealth of knowledge and practical tips. Dupree's recipes are renowned for their authenticity, simplicity, and unwavering focus on using fresh, seasonal ingredients.

## **Essential Tips for Baking Perfect Southern Biscuits**

Based on the insights gleaned from Nathalie Dupree's culinary wisdom, let's delve into a comprehensive guide to baking impeccable Southern biscuits:

### **1. Choosing the Right Ingredients**

High-quality, authentic ingredients are the cornerstone of great Southern biscuits. All-purpose flour, baking powder, salt, buttermilk, and unsalted butter are the essential building blocks. For a richer flavor and texture, consider using cultured buttermilk, which imparts a slight tanginess to the biscuits.

### **2. Mastering the Cutting Technique**

Cutting the butter into the dry ingredients is crucial for creating flaky, layered biscuits. Dupree recommends using a pastry cutter or two knives to achieve the desired consistency. Work the butter into the flour until it resembles coarse crumbs or small peas.

### **3. The Importance of Buttermilk**

Buttermilk is a vital component in Southern biscuits, providing tenderness and moisture. It reacts with the baking powder, creating carbon dioxide gas that causes the biscuits to rise during baking. If buttermilk is unavailable,

you can make your own by adding 1 tablespoon of lemon juice or vinegar to 1 cup of regular milk and letting it sit for 5 minutes.

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#### **4. Kneading the Dough**

Unlike most bread doughs, biscuit dough should be handled as little as possible. After adding the buttermilk and mixing just until the dough comes together, turn it out onto a lightly floured surface and gently knead it a few times, until it forms a smooth, cohesive ball. Over-kneading can result in tough, dense biscuits.

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#### **5. Shaping and Cutting**

Once the dough is ready, pat it out into a round shape about 1/2-inch thick. Use a biscuit cutter to cut out rounds, then place them on a greased baking sheet. Brush the tops of the biscuits with melted butter for a golden-brown crust.

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#### **6. Baking to Perfection**

Preheat your oven to 450°F (230°C) to ensure the biscuits cook evenly and quickly. Bake for 12-15 minutes, or until they are golden brown and fluffy. Avoid over-baking, as this can dry out the biscuits.

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### **Nathalie Dupree's Signature Biscuit Recipe**

To honor the culinary legacy of Nathalie Dupree, let's walk through her signature biscuit recipe, a testament to her unwavering commitment to

Southern cooking:

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### **Ingredients:**

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- 2 cups all-purpose flour, plus more for dusting
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/2 cup unsalted butter, cold and cut into small pieces
- 1 cup buttermilk

### **Instructions:**

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1. Preheat your oven to 450°F (230°C).
2. In a large bowl, whisk together the flour, baking powder, and salt.
3. Add the butter pieces to the dry ingredients and use a pastry cutter or two knives to cut them in until the mixture resembles coarse crumbs or small peas.
4. Gradually add the buttermilk, mixing until the dough just comes together. Do not overmix.
5. Turn the dough out onto a lightly floured surface and knead it gently a few times, until it forms a smooth, cohesive ball.
6. Pat the dough out into a round shape about 1/2-inch thick.
7. Use a biscuit cutter to cut out rounds and place them on a greased baking sheet.

8. Brush the tops of the biscuits with melted butter.
9. Bake for 12-15 minutes, or until golden brown and fluffy.
10. Serve warm and enjoy!

Baking Southern biscuits is an art that combines patience, precision, and a deep appreciation for the culinary heritage of the American South. By adhering to the invaluable guidance of Nathalie Dupree, home cooks can elevate their biscuit-making skills to new heights. Whether you're a seasoned baker or just starting your culinary journey, the joy of creating a perfect batch of fluffy, golden-brown biscuits is within reach. So gather your ingredients, follow these tips, and let the irresistible aroma and flavor of Southern biscuits fill your home with warmth and comfort.

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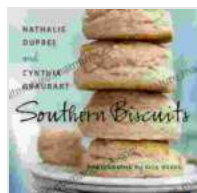
### **Additional Tips for Baking Exceptional Southern Biscuits:**

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- Use cold butter and buttermilk for a flakier texture.
- Don't overwork the dough, as this can result in tough biscuits.
- Allow the biscuits to rest for 10-15 minutes before baking to enhance their rise.
- Experiment with different fillings or toppings, such as cheese, bacon, or jam.
- Store leftover biscuits in an airtight container at room temperature for up to 2 days.

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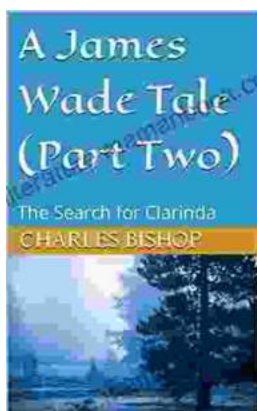
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