

## **Lulu Helms' Buttermilk Biscuits**

(Makes approximately 7 to 9 biscuits.)

2 Cups of Self-Rising Flour

1 Cup of Buttermilk

½ Cup Bacon Grease (Lard or Shortening maybe used but the corresponding drop in flavor is significant. I do not recommend using vegetable oil; it makes it almost impossible to get the right consistency.)

2 Good Dashes of Salt.

8x8 Pyrex or Corning pan. (Metal pans are NOT recommended unless you like your biscuits to taste like a mouthful of nickels.)

Preheat your oven to 375.

In a large bowl add the Flour, the Salt and the Bacon Grease (or Lard). Mix by hand the ingredients together thoroughly. You may use a 'pastry knife' if you wish but the results are better when the mixing is done by hand. It is important that the grease/lard is well mixed into the Flour. Pour in the Buttermilk. Again, thoroughly mixing by hand is required. The final dough should be goopy, (wet and very, very sticky).

Pinch off large hunks and place them side-by-side in a Pyrex or Corning pan.

Bake uncovered at 375 for between 20 and 30 minutes. Check Occasionally to ensure they do not burn on top. Remove from heat and let stand at least 5 minutes before serving.