

# Cornmeal Sage Biscuits

Yield: 12 - 14

## Ingredients:

1 ½ cups white flour  
¾ cup yellow cornmeal  
2 teaspoons baking powder  
¼ teaspoon baking soda  
1 teaspoon salt (or a little less)  
¼ teaspoon finely ground white pepper  
1 tablespoon minced fresh sage  
4 tablespoons unsalted butter, chilled and cubed  
1 tablespoon unsalted butter, melted  
¾ cup milk (or a little more when the flour is very dry)



## Directions:

Heat oven to 425 degrees. In a medium bowl, combine first 7 ingredients. Cut in cubed butter with a pastry blender. Lightly stir in 2/3 cup of the milk until dough is moistened and pulls away from sides of bowl. If dough seems too dry, add more milk. Turn out dough on lightly floured board and lightly roll to ½ inch thickness (or a little thicker). Cut in 2-inch rounds with biscuit cutter. Place biscuits, touching, in a cast iron skillet (or on a cookie sheet with a silicone baking mat). Brush the tops with the melted butter. Bake in the top third of the oven until lightly browned, 14 to 15 minutes.

## Recipe notes:

1. For the lightest possible biscuits use white biscuit flour with about 9.0% protein. (One example is White Lily brand.) Cornmeal sage biscuits can also be made using any all-purpose white flour having approximately 10.5% protein.
2. For an alternative herbal flavor, replace the 1 tablespoon of minced fresh sage with 1 tablespoon minced parsley, 1 teaspoon ground sage, ¼ teaspoon ground rosemary, and 2 teaspoons dried thyme.

Adapted from *The St. Louis Herb Society Cookbook*, third edition, The St. Louis Herb Society, 1994, page 61.