

Sweet Cream Biscuits with Lemon Verbena

Makes 1 dozen

Ingredients:

2 tablespoons finely chopped lemon verbena leaves
zest of 1 lemon
¼ cup sugar
2 cups all-purpose flour
1 teaspoon baking powder
½ teaspoon salt
½ cup (1 stick) unsalted butter, chilled and cut into cubes
1 egg, beaten
½ cup half-and-half
melted butter for brushing
sugar for sprinkling



Equipment Needed:

2-inch biscuit cutter; large baking sheet

Directions:

Preheat the oven to 425 degrees. Mix the verbena leaves, lemon zest and sugar in a medium bowl. Add the flour, baking powder and salt and mix well. Cut in ½ cup butter until the mixture resembles small peas. Add the egg and half-and-half and stir until just combined. Knead on a lightly floured surface a few times to form a dough. Pat into a ½ -inch-thick circle. Cut with a floured 2-inch biscuit cutter and place on a large baking sheet. Bake for 12 to 15 minutes or until light golden brown. Remove from the oven. Brush the hot biscuits with melted butter and sprinkle with sugar.

Note:

You may serve these biscuits with butter, crème fraiche, or sour cream, but they are good enough all by themselves. This is the perfect recipe for picnics, tea, or a Derby Party.

Adapted from *Herbal Cookery From the Kitchens and Gardens of the St. Louis Herb Society*, The St. Louis Herb Society, 2009, page 58.