

## Brunch Biscuits

This recipe is a variation of one offered by the Kansas Wheat Commission.  
Yield: about 18 biscuits

### Ingredients:

4 to 4 ½ cups all-purpose flour, divided  
1 package active dry yeast  
1 tablespoon sugar  
1½ teaspoons salt  
1 cup skim (fat-free) milk  
3 tablespoons vegetable shortening  
1 cup cooked, mashed sweet potatoes (room temperature)  
2 eggs, slightly beaten  
1 teaspoon grated orange peel

### Procedure:

In a large mixing bowl, combine 2 cups flour, yeast, sugar and salt. Mix well. Heat milk and shortening to between 120 F and 130 F (shortening does not need to melt). Add milk and shortening to flour mixture, and then add potatoes, eggs and orange peel. Use a hand mixer to blend at low speed until moistened, then beat three minutes at medium speed. Gradually stir in enough remaining flour to make a soft and slightly sticky dough. Knead eight minutes by hand or with the mixer's dough-hook attachment. Place dough in a lightly greased bowl, turning once to coat. Cover and refrigerate at least two hours. Turn dough out onto a lightly floured surface and roll or pat to ½-inch thickness. Cut dough with a 2½-inch biscuit cutter and place biscuits on baking sheet lightly coated with cooking spray. Cover, let rise in a warm (80 F) place until doubled in size. Bake at 400 F oven 11 to 13 minutes, or until golden. Remove from pans and cool on wire rack or serve immediately.

about  
150 calories  
3 grams of fat  
per biscuit

**Brunch Biscuits have an unexpected bonus: 43 percent of the daily recommendation for vitamin A. The sweet potatoes contain carotenoids, orange pigments used by the human body to make vitamin A, which helps our eyes adjust to low levels of light and keeps skin healthy.**

NDSU Agriculture Communication



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