



# LAND RUN SWEET BISCUITS

**Prep:** 15min | **Yields:** 12-14 biscuits

## INGREDIENTS

- 2 cup Shawnee Best all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- ½ cup butter, cut into tablespoons
- 1 tablespoon molasses
- ⅔ cups buttermilk
- 1 cup syrup (we like butter pecan)
- 1 cup pecans, chopped

## DIRECTIONS

1. Preheat oven to 450 °F and grease two (2) cast iron skillets.
2. Combine flour, baking powder and salt in a large mixing bowl and mix with dry hands.
3. Using two knives or a large fork, work in the butter and molasses until the mixture resembles coarse crumbles.
4. Use your fist to make a bowl shape in the middle of the flour mixture and add buttermilk. Mix with a large fork until dough begins to stick together, then knead into a soft ball with your hands using flour on your hands to prevent sticking.
5. Pinch dough into 1 ½-inch balls and flatten into circles ½ inch thick. This should make about 15 biscuits.
6. Place the biscuits (not touching) into two warm, greased cast iron skillets and bake about 8 – 10 minutes.
7. When biscuits are lightly browned on top, remove from oven and pour syrup over biscuits, then sprinkle on chopped pecans.
8. Place back in the oven under the broiler for about a minute to caramelize the syrup and pecans. Serve warm.