



INTERNATIONAL
BISCUIT
KNOXVILLE
FESTIVAL

Salmon-Nori Biscuit
Miela Hurst

2 c. flour
1 T. baking powder
Ground black pepper
2 eggs
1 c. buttermilk
6 T. melted butter, cooled
5.5 oz. chopped smoked salmon
1 t. sesame nori, available in Asian market
For garnish reserve some of chopped salmon, dollop of sour cream, and sprinkle of nori.

Preheat oven to 400 degrees F. Grease 12 muffin pan. Sift flour, baking powder, sesame-nori, and pepper in bowl. Mix together eggs, buttermilk, and melted butter in separate bowl. Dump wet ingredients into dry ingredients bowl and stir until combined. Gently stir in smoked salmon reserving a little bit for garnish.

Scoop: Use 3 oz. scoop to fill 12 muffin cups evenly. Bake Time: 20 minutes or until golden.

Serve slightly warm garnished with dollop of sour cream, sliver of smoked salmon and sprinkled with sesame-nori.

Oven Temperature: 400 degrees F

Time: 30 – 35 minutes

Number of Servings: 12

Origin of recipe: I came up with this Salmon-Nori biscuit because I love sesame-nori on rice and noodles. I think the sesame-nori is an unusual ingredient paired with the saltiness of the smoked salmon. This biscuit relates to my heritage as a Japanese-American.



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Angel Biscuits
Becca Dailey

Ingredients (in order of use):

1 pkg. yeast
¼ c. warm water
2 tbsp. sugar
3 c. flour
1 tbsp. baking powder
1 tsp. salt
1 stick of butter
¾ c. milk

Method of preparation:

In small bowl sprinkle yeast over water. Stir in sugar. Set aside until foamy. Combine flour, baking powder, and salt. Add butter in small pieces and cut in or use fingers until it resembles coarse crumbs. Add yeast and milk and mix lightly with a fork until well combined. Mold in ball. Cover with plastic wrap and let rise until double – about 30 minutes. Roll or pat out to about 1/2 to 5/8 -inch thickness. Cut about 12 biscuits. Let rise about 45 minutes. Heat oven to 375*. Bake 15 to 20 minutes. Serve hot.

Oven Temperature: 375 degrees



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Blackened Steak and Eggs on a Blue Cheese Biscuit
Shawn Banks

Yield: 5 large servings

½ c (4oz) sour cream

½ c (4oz) buttermilk

1 stick (4oz) melted butter

4-5oz blue cheese crumbles

2 cups (11oz) self-rising flour (or 2 cups all-purpose flour, plus 1t fine salt and 1T baking powder)

5 4-6oz beef cubed steaks, or wafer thin steaks

1/4c vegetable oil

¼ c (1oz) blackening seasoning, or Cajun seasoning, such as Paul Prudhomme's Magic

10 eggs

Preheat oven to 425F. In a large mixing bowl, whisk together the sour cream, buttermilk and melted butter until well blended. With a wooden spoon, stir in blue cheese crumbles, then fold in the flour (or flour mixture). Mix this just until the dough begins to come together, and then turn out onto a floured cutting board. Using gloved or well-floured hands, fold the dough in half, and press down up to 10 times, kneading the biscuit dough briefly. Then, pat the dough out gently to form a rectangle, roughly 12 inches by 6 inches by about a half-inch thick. With a pizza cutter or knife, cut the dough into 5 equally wide rectangles a little more than two inches wide. Use a large spatula to move these biscuits onto a buttered baking sheet.

Bake biscuits at 425F for 20 minutes, or until golden browned. Let cool briefly. While the biscuits bake, heat a non-stick skillet over medium high heat, while sprinkling both sides of each steak liberally with the Cajun seasoning. Cook the steaks for about a 1-2 minutes on each side in enough oil to just coat the bottom of the hot pan. Move steaks to a platter to rest. While the biscuits cool, lower the heat of the skillet to medium-low. Add a little more of the oil, and fry the eggs to your desired taste, seasoning with more of the Cajun. For this recipe, I recommend sunny-side-up. After biscuits have cooled, and steak and eggs are ready, split the biscuits open, lay on one steak each, and top with two fried eggs and the tops of the biscuits.

These sandwiches should be juuuuuust sturdy enough to pick up, but for your shirt's sake, you may want to use a fork and knife.

Origin of Recipe: This recipe is an original creation, inspired by the garlic-cheese biscuits made popular in Red Lobster and other restaurants.

