



INTERNATIONAL
BISCUIT
KNOXVILLE
FESTIVAL

Catfish Filets recipe

Fresh skinless catfish

Cajun blackened seasonings

2 tablespoons butter

1 tablespoon canola oil

1 tablespoon lemon juice

Heat cast iron pan with 1 tablespoon canola oil. Dust the filets both sides with the blackening seasoning fry for two minutes each side then top with butter and fresh squeezed lemon juice and finish in the oven at 400 degrees.

Lime and Cilantro creamy slaw

2 cups chopped slaw (cabbage both green and whites and thinly sliced carrots)

½ cup sour cream

1 lime freshly squeezed

½ cup freshly chopped cilantro

1 tablespoon sugar

1 tablespoon vinegar

salt/pepper

Mix all ingredients together in bowl and taste, may need to adjust to balance flavors correctly. Should have crunch from vegetables and a slightly tart vinegar flavor but a creamy finish. It should not be soaked and drenched in little just lightly covered.

Adult Honey Mustard

4 tablespoons hot sauce

2 tablespoons honey

Simply whisk together adjust hotness to your taste.

Slice biscuits. Add catfish filets. You can top each catfish filet with slaw or serve on side for diner to top at their pleasure. Adult honey mustard served on side for dipping.



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2nd Place Winner (Special Category) –

Erin Carlini

Kimchi Bulgolgi Biscuit

BISCUITS:

3 cups of White Lily All-Purpose flour
2 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1/2 cup cold butter, cut into pieces
2 cup buttermilk
3/4 cup kimchi (squeezed and chopped)

BULGOLGI:

3 TSP soy sauce
1 TBS sesame oil
1 clove garlic, minced
1 tsp white sugar
1/2 tsp
salt
1/2 tsp black pepper
1 lb beef top sirloin, thinly sliced

Method of preparation:

Marinate the beef with all ingredients in a plastic bag for at least 2 1/2 hours, preferably overnight.

Preheat the oven to 425 F.

Combine flour, baking powder, baking soda, garlic powder, and salt in a bowl. Add in the cold, but not frozen, butter and combine with a fork till the butter is pea-sized in the dry ingredients. Combine the buttermilk with the dry ingredients. Squeeze kimchi of excess juices and add to the dough, mix and put on a floured countertop. Cut into desired shapes. Place on a greased baking pan and cook for 15 to 20 minutes. While biscuits are baking, remove the beef from the bag and grill for 15 to 20 minutes or until done. Slice the biscuit and add bulgolgi, if you enjoy spicy spread red pepper paste (gojuchang) on the biscuit. Add desired vegetables or condiments.



3rd Place Winner (Special Category)–

Kim Stapleton

Blueberry Peach French Toast Biscuits

For Biscuits:

Preheat oven to 450.

2 Cups White Lily Self Rising Flour

1 Tablespoon sugar

1 Teaspoon cinnamon

1 Cup Heavy Cream

1/2 cup fresh blueberries

Combine flour, sugar, and cinnamon. Add cream and stir gently till there is no dry flour showing. Gently stir some plain flour onto the blueberries to prevent them from bleeding into the dough. Turn dough out onto a floured surface. Sprinkle with enough plain flour to keep the dough from being sticky. Gently pat out the dough to a half-inch thickness, place blueberries in top of one half of the dough and fold the other dough over the top, being careful not to overwork it. Cut with biscuit cutter (I sometimes use a drinking glass as a cutter) and place with sides touching on a parchment lined baking sheet or on a stoneware pan. Bake 8 to 12 minutes until lightly browned. Makes about one dozen biscuits.

Slice each biscuit in half. Soak biscuits in egg mixture, turning to coat both sides of all biscuit pieces.

EGG MIXTURE

Beat together six eggs and 2 Tablespoons rum or brandy or extract/flavoring of your choice. If you do not have enough egg mixture for all biscuits, just use more eggs and rum or brandy or extract.

Sauté biscuits coated with egg mixture in butter until lightly browned. Drain on a paper towel.

MAPLE PECAN SYRUP

Bring one cup water to boil in medium saucepan. Add two cups white sugar. Cook and stir until sugar is dissolved. Remove from heat and stir in 1/2 teaspoon Maple Extract and 1/4 cup chopped and roasted pecans.



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Place biscuit halves on plate. Sprinkle with cinnamon and powdered sugar. Top with peach pie filling that you have warmed in the microwave. Pour syrup over each biscuit and top with a dollop of whipped cream. You may sprinkle powdered sugar and/or cinnamon on top if you like. You may use a store- bought maple or blueberry syrup if you prefer.



SAVORY CATEGORY

1st Place Winner (Savory Category) –

Matt Sandbank

Paige's Family Dinner Biscuits

2 cups White Lily self-rising flour
1 and 1/2 tsp aluminum-free baking powder
6 tbsps unsalted butter, cut into small cubes
1 cup cheddar cheese
1/2 cup fresh basil, cut finely
1 large Granny Smith Apple, peeled and cut into small cubes
1 cup buttermilk, divided into 3/4 cup and 1/4 cup measurements
a pinch or two of corn meal

Method of preparation:

Mix flour and baking powder together thoroughly. Sprinkle cubes of butter across the top of the flour/baking powder mixture, then use a "pinching" gesture to break down all of the butter cubes into pea-sized or smaller chunks. Immediately move flour/baking powder/butter mixture to a cold place while preparing ingredients for next step.

Mix cheddar cheese, basil, and apple together. Make a hollow in the center of the flour/butter, then add cheese/apple/basil, and then mix evenly. Reform a hollow and add 3/4 cup buttermilk, using the 1/4 cup in reserve if needed.

Flour hands and move dough onto a floured cutting board. Flour the top of the dough and fold twice in half before pressing out into a sheet. Dip biscuit cutter into flour and cut out biscuits, taking time to relish the sensation of the cutter slicing through chunks of apple as you do so.

Sprinkle corn meal on an oven tray and arrange biscuits with an inch or so between them on the tray.

Bake at 400 degrees for 16-20 minutes, rotating oven tray at the eight-minute mark.
Number of Servings: eight 3" diameter biscuits.



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2nd Place Winner (Savory Category) –

James Hayes

Persuasion Biscuits

1 ½ cups chopped sweet onions
1 tsp sugar
1 Tbsp Olive oil
2 cups Self-Rising Flour
4 Tbsp salted butter
¾ cup Evaporated Milk
1 cup Cabot Vermont Sharp Cheddar Cheese, grated, divided

Caramelize the onions: In a large heavy fry pan, Heat the olive oil over low heat, then add the onions and sauté. Cook for about 15 minutes or until tender. Sprinkle a pinch of salt and the sugar on the onions and slowly stir until melted and sticky. Remove the onions from the heat and allow to cool.

Place the flour in a large mixing bowl and cut in the butter with a pastry blender until thoroughly blended. Add the milk and stir until sticky dough forms; place on a floured table and knead a few times adding flour as needed until the ball is no longer sticky.

With a rolling pin, roll the ball into a flat rectangle about ¼-inch thick. Place the caramelized onions on top and spread to cover; sprinkle ¾ cup of the grated cheese on top. Starting at one long end, roll the dough tightly in a jellyroll fashion. Cut the log into eight pieces and place on a greased cookie sheet, with the sides not touching. Brush the tops with evaporated milk and sprinkle remaining grated cheese on top.

Bake the biscuits in preheated 425° oven for 14 minutes, or until the tops are brown and spring back when depressed. Makes eight large biscuits.



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SWEET CATEGORY

1st Place Winner (Sweet Category) –

Jackie Hardin

Lemon-lime Pecan Sticky Biscuits

2 Cups Self-Rising Flour
½ Cup Sour Cream
½ Cup + 3 Tablespoons Lemon-Lime Soda
½ Cup soft butter, divide
¼ Cup Cinnamon Sugar
¾ Cup Brown Sugar
1 Cup Pecan Halves

Preheat oven to 400 degrees. Combine to make the biscuit: 2 Cups Self-Rising Flour, ½ Cup Sour Cream, ½ Cup Lemon-Lime soda.

Knead lightly. Roll out on a floured board into a rectangle 6”x12”.

Spread dough with ¼ cup soft butter. Sprinkle with ¼ cup cinnamon sugar. Roll up jellyroll style. Slice into 9 pinwheels.

Grease a 9” baking pan with ¼ cup soft butter. Combine ¾ cup brown sugar with 3 Tablespoons lemon-lime soda. Pour into greased baking pan. Sprinkle on 1 cup pecan halves. Lay biscuit pinwheels over pecans.

Bake in hot oven 20-22 minutes or until light brown. Remove from oven and carefully turn onto serving dish. Number of Servings: 9



2nd Place Winner (Sweet Category) –

Susan Reid

Caramel Apple Biscuits

Caramel

- 2 cups (14 ounces) sugar
- ½ cup (4 ounces) water
- ½ teaspoon fine sea salt
- ¾ to 1 cup (6 to 8 ounces) heavy cream

Spiced Walnuts

- 1 tablespoon butter
- 1 cup (4 ounces) walnuts, rough chopped
- 1 tablespoon brown sugar
- 1 tablespoon boiled cider or maple syrup
- ¼ teaspoon fine sea salt
- pinch of cayenne pepper

Biscuits

- 2 cups (8 ounces) King Arthur Self-Rising Flour
- ¼ cup (1 7/8 ounces) light brown sugar
- 6 tablespoons (3 ounces) cold unsalted butter
- 2 tablespoons (1 ½ ounces) boiled cider or apple juice concentrate
- 1/3 to ½ cup (2 5/8 to 4 ounces) milk

Apples

- 1 tablespoon butter
- 2 cups cooking apples, peeled and sliced (Granny Smiths, Braeburn, Galas, any firm apple will do)
- 2 tablespoons (7/8 ounce) granulated sugar
- ½ teaspoon cinnamon
- ¼ teaspoon allspice
- 1/8 teaspoon each ground ginger and nutmeg
- 1 tablespoon caramel sauce
- 1 teaspoon boiled cider



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Method of preparation:

For the caramel: Place the sugar in a 2-quart heavy saucepan (preferable light colored). Add the water and salt. Put on the stove at medium heat, stirring once or twice until the sugar is dissolved. Cook until the water evaporates and the sugar begins to caramelize. If using a thermometer, cook the sugar until it's between 350°F and 360°F. It will be medium brown. Remove the pan from the heat and slowly pour in the heavy cream: the mixture will boil up, so be careful. Return the pan to the heat and stir until the sugar is dissolved. Use more cream for a thinner sauce, the lesser amount if you want it thicker.

For the walnuts: Place a medium skillet over medium heat. Melt the butter and add the walnuts. Cook, stirring occasionally, until they're fragrant. Sprinkle the sugar over the nuts and stir; add the boiled cider or maple syrup and stir again to coat the nuts. Sprinkle with salt and a pinch of cayenne. When the nuts are coated, remove from the heat and spread out on a baking sheet or piece of parchment to cool.

For the biscuits: Preheat oven to 400°F. In a medium bowl, whisk together the self-rising flour and brown sugar. Cut in the butter until it's in small pieces (about the size of a split pea.) Combine the boiled cider with the milk and add to the flour mixture, stirring until the flour is evenly moistened. Use a bowl scraper to fold the dough over on itself a few times to bring it all together.

Turn the dough out onto a piece of parchment paper, pat it to 3/4" thickness, and cut into circles with a 2" cutter. Pile any scraps on top of each other, fold twice to bring them together, and cut the remaining dough: you should get 8 to 10 biscuits.

Place the biscuits on a baking sheet and bake for 10 to 14 minutes, until they're light golden brown. Remove from the oven and keep warm.

For the apples: While the biscuits are baking, place a skillet over medium heat. Add the butter, and when it's melted, the apples and spices. Cook for 2 minutes, stirring occasionally, then add the caramel sauce and boiled cider. Cook for 1 minute more, then remove from the heat.

To assemble: Split the biscuits, and spoon 5 to 6 apples slices over the bottom half. Drizzle with some caramel sauce, then place the top of the biscuit over the apples. Add a scoop of ice cream, more caramel sauce, then sprinkle with spiced walnuts.

Number of servings: 8



Allow biscuits to cool slightly. Spoon coffee glaze over biscuits right before serving. Sprinkle pecans over tops. Serve warm.



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STUDENT CATEGORY

1st Place Winner (Student Category) –

Megan Fleming

“Big Orange” Biscuit

2 cups Self-Rising Flour
½ cup Powdered Sugar
2 Tbsp. Sugar
1 Tbsp. Orange Juice
Zest of one large Orange
½ Tbsp. Whipping Cream
Pulp of one large Orange
1-2 tsp. Orange Zest
1 cup Heavy Whipping Cream

Method of preparation:

Preheat oven to 450 degrees. Sift together self-rising flour and sugar. Add zest of one orange, reserving 1-2 tsp. of zest for glaze. Puree pulp of one orange in food processor or blender and add to flour mixture; distribute evenly. Add heavy whipping cream and fold until well combined. Turn onto floured surface and knead/fold until mixture forms dough ball. PRESS dough to 1” thickness and cut biscuits with floured-biscuit cutter. Place on baking sheet and bake for 20 minutes or until done. Brush lightly with butter when they come out of the oven.

For Glaze: Combine powdered sugar, orange juice, cream and reserved orange zest and drizzle over warm biscuits.

Number of Servings: 8-10



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2nd Place Winner (Student Category) –

Auden Cole

Auden's Buttermilk Blasters

2 cups unbleached, all-purpose flour (King Arthur brand)
2 tsp baking powder
¼ tsp baking soda
¼ tsp salt
6 Tbsps cold, salted butter
1 large egg
¾ cup cold buttermilk (Cruze Farm brand)

Method of preparation:

Combine the flour, baking powder, and salt into a mixer and mix. Then cut the 6 Tbsps of butter into small bits and put them in the mixer. Preheat the oven to 425. Blend the egg and buttermilk. Pour them into the mix. Knead the dough. Carve the biscuits. Grease pan. Put in the over for 10-12 minutes. Then enjoy.

Number of Servings: 9-12



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3rd Place Winner (Student Category) –

Ava Schott

The Best Biscuits in the Whole Entire World

Flour -2 cups plus some more

Crisco –1 cup (1/4 measure cup)

Milk (with the blue top -2%) –1 cup, more or less

Method of preparation:

Put flour in the bowl with the thing-a-ma-jiggy. Then add Crisco and use the round thing to mush the Crisco into the flour. Pour in the milk and stir it with the spatula to mix all off the sides. Take the dough out of the bowl, but first put more flour on the cloth. Fold to the front back and to the sides, then roll it out. Make a dough circle. Cut out with heart cutter and a round cutter, sometimes I make crooked biscuits with toppings. Put on pan close together. Put in oven with gloves. Save a little extra dough. When they are done, put in bowl with kitchen towel. To eat, put jelly on both sides, but don't put back together.

Oven Temperature: 400

Time: about 8-10 minutes

Number of Servings: 8 (2 each)