Herb Laminated Buttermilk Biscuits

Yield: 9 (approximately 2 inch circumference) biscuits

Ingredients

- 4 cups | Water
- 1 cup | Ice
- A few fresh herb sprigs (your choice of any such as parsley, sage, rosemary, thyme, etc)
- 2 cups | All-purpose flour
- 2 ½ tsp. | Baking powder
- ½ tsp. | Salt
- 5 Tbsp. | Cold butter, cut into small cubes
- ¾ cup | Cold buttermilk
- 1 | Egg white, beaten

Directions

Preheat oven to 400 degrees Fahrenheit.

Bring 2 cups of water to a rolling boil in a small saucepan over high heat. In a small bowl, add the remaining 2 cups of water and 1 cup of ice. Blanch the herbs in the boiling water for 5-10 seconds, then immediately transfer them to the ice water bath. After 60 seconds, remove the herbs from the ice water and lay them flat between layers of paper towels. Place a heavy skillet atop the paper towels to flatten the herbs. Set aside.

In a large bowl, whisk together the flour, baking powder, and salt. Using a pastry knife, cut the cubes of cold butter into the flour mixture until it resembles coarse crumbs. Refrigerate for 10 minutes.

Then, with a fork, mix in the cold buttermilk, just until incorporated. Turn out the dough onto a floured surface and knead gently 3 or 4 times, just until the dough comes together.

With a rolling pin, roll dough into an 8x5 inch rectangle about 1/2 inch thick. Fold the dough into thirds, like folding a business letter. Repeat this step again by re-rolling the dough into a rectangle and folding into thirds.

Next, roll dough out to 3/4 inch thick. Using a biscuit or cookie cutter, cut biscuits from the dough and transfer to an ungreased baking sheet, leaving 1 inch of space between each biscuit.

With a pastry brush, lightly brush a thin layer of beaten egg white atop each biscuit. Arrange the fresh herb sprigs atop biscuits then gently brush another thin layer of egg white on top to laminate the herbs in place.

Bake for 11 to 12 minutes on the middle rack of a 400 degree Fahrenheit oven, until golden brown. Immediately transfer biscuits onto a wire rack to cool.