

How Biscuits Become an American Classic

European Colonists biscuits were dense and flavorless since they were unleavened. Southern cooks beat the dough by hand to introduce some air into the dough. Enslaved women, who worked in Southern kitchens usually had this job. Most biscuits were cracker-like in the North. When leavening became available, biscuits again became popular using regional flour as grown. Northerners believed eating cooled bread was better for digestion, while the Southerners loved warm bread. In those early years, black cooks and Pullman Porters shared their knowledge of combining dry ingredients and then adding water to make biscuits quickly. In about 1933. Lively Willoughby patented refrigerated biscuit dough in a tube and oven-ready biscuits arrived on the scene. Northern cooks discovered that they could easily produce biscuits too. Restaurants started selling biscuit sandwiches in the 1970s. Biscuits grew with America as innovation with the wider and more inexpensive distribution of flour and leavening ingredients improved. There were easy drop biscuits, fluffy biscuits, buttermilk biscuits, and flavored biscuits. Today, biscuits are found in the refrigerated section of every grocery store, on menus, gas stations, and bakeries. Biscuits are truly a bite of American history.

For More Information See: <https://www.kingarthurbaking.com/blog/2023/01/30/history-of-american-biscuits>