

My name is Renee, I am a native North Carolinian, I am a true Southern gal, and I LOVE biscuits with butter. My early memories of my tiny child hands in dough “helping” my Grandma Pearl make biscuits for the family -just makes me feel happy and relaxed.

This recipe experiment started one day when I needed to use up some fresh local heavy whipping cream before it expired. I searched the internet for a recipe. I found the have been enjoying making the super easy quick Paula Deen cream biscuits (see recipe link here) <http://www.pauladeen.com/cream-biscuits>. that used heavy whipping cream instead of milk, shortening, etc.

Keeping local fresh whipping cream on hand began to be a bother whenever I wanted some biscuits. I needed a shelf stable “cream” and ingredients that were not hard to find or too expensive to use. I also wanted to share delicious biscuits with my vegan friends. So I decided to experiment. I substituted coconut cream for the heavy whipping cream to make delicious flaky yummy biscuits that would have made my grandmothers proud. Even my Mama loved it. I was able to repeat the recipe with delicious success.

It is vital that you use a can coconut milk product WITHOUT guar gum or it will not separate to give you the cream needed for this recipe. Pre-packaged coconut cream also did not work.. So I tested several brands commonly found in local grocery stores to find the best coconut cream for this recipe. See my results below.

So Easy “My Mama Approved” Vegan Biscuits

Ingredient	Renee’s preferred brand	Tips
2 ¼ cups coconut cream (from 2 13-14 fl. oz cans coconut milk)	<ul style="list-style-type: none"> • Chaokoh 13.5 oz. • La Fe Coconut milk 14 fl. Oz • Native Forest Organic Classic 13.5 fl oz 	Refrigerate 2 cans for 1-2 days. Open can and scoop out the semisolid coconut cream on top and sides of can. Choose brand WITHOUT guar gum or it will not separate.
2 ¼ cups unbleached flour	Bob’s Red Mill Unbleached, Unbrominated flour	
3 TBSP sugar	Sugar in the Raw or organic cane sugar	
1 TSP salt		
3 TBSP baking powder	Rumford Aluminum free	

1. Add all dry ingredients to a mixing bowl. Leave ¼ cup flour for dusting
2. Add 2 cups coconut cream retrieved from 2 cans refrigerated coconut milk
3. Mix with your hands until the soft dough forms.
4. I press the soft dough flat using only my hands as no rolling pin is needed.
5. Use a biscuit cutter to cut out 2-4 inch size biscuits based on your preference
6. Bake at 425°F for 10-12 minutes.
7. Remove from oven, place on plate and add your favorite vegan butter
8. Enjoy delicious flaky vegan biscuits that even butter lovers will devour. These re-heat well the next day.
9. Add the remaining water from your cans of coconut milk to your bath for softer skin.

My next experiments will be to work on this recipe using coconut cream I make myself and to test how well these biscuit survive freezing. Stay tuned for more updated. Don’t forget to share this simple biscuit recipe that will please both vegan and not-vegan biscuit lovers.

Renee

www.thetakebacktour.com

