

Cleo Coyle's 7 Up Biscuits

*My easy slab version
of the classic recipe*

*Text and photos (c) by Alice Alfonsi, who writes
[The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with
her husband, Marc Cerasini.*

I know what you may be thinking:
“Why use 7 Up (or any lemon-lime soda) in
a baking-powder biscuit recipe?” Two reasons:

(1) Carbonation: The soda boosts the
lightness and fluffiness of your biscuits'
interiors; and **(2) Flavor:** No, the flavor
of lemon-lime is not something you will taste in the final product. The 7 Up
boosts the overall flavor of the biscuits by subtly underlining the slight tang
of the sour cream. Together these flavors provide complexity, helping your
quick boxed-mix biscuits taste more like granny's old-fashioned buttermilk
biscuits. My version tweaks the classic recipe. I bake the biscuits as a single,
square slab, which I believe gives the interiors the chance to bake up higher
and fluffier. Then I let the big slab cool a bit and slice it into heavenly warm
squares using a pizza cutter. My husband (and partner in crime writing)
loves these biscuits. I hope you do to, too.

~ Cleo Coyle, author of
[The Coffeehouse Mysteries](#)

*Makes 9 square biscuits using
an 8 x 8 baking pan*

Ingredients:

5 Tablespoons unsalted butter (*Unsalted butter is fresher than
salted but you can use salted butter, simply reduce the salt by half*)

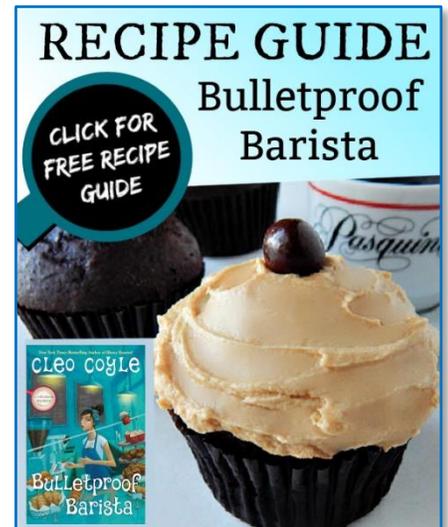
2 cups Bisquick baking mix (*Lightly pack it into cup and level it off*)

1/2 teaspoon kosher salt or 1/4 teaspoon table salt
(Again, if using salted butter, reduce by half)

1/2 cup full fat sour cream

1/2 cup 7 Up freshly opened, not diet*

* Sprite or another lemon-lime soda will also work for this recipe.



*Free Recipe Guide to
Cleo's new culinary mystery
Bulletproof Barista:
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STEP 1: Preheat oven to 425 degrees F. Be sure it's well preheated for the best results. While the oven is preheating, drop the cold butter into a nonstick 8 x 8 baking pan and pop it into the oven for about 2 minutes. When the butter is close to melted, pull out the hot pan and let it finish melting outside of the oven (to ensure the butter does not burn). Now measure out 2 tablespoons of the melted butter into a small bowl and set it aside to cool. Meanwhile...



STEP 2: Into a medium size mixing bowl, measure out the Bisquick as described in the ingredients (by lightly packing it into the cup and leveling it off). Get out a butter knife and stir in the salt (use half the amount if using salted butter).



Now add the sour cream and the 2 tablespoons of melted butter that you reserved from step 1. Using your trusty butter knife, "cut" these ingredients into the dry Bisquick. See my photos. The dough should appear crumbly.



STEP 3: Open a new 7 Up for the best carbonation. Pour the 1/2 cup of soda into the bowl and stir it, as shown, using the butter knife until everything is combined.



Now switch to a big spoon or spatula and very vigorously stir this mixture for 20 to 30 seconds. No kidding, count as you stir and you'll notice the dough will begin to stiffen up, forming the gluten that will give your biscuits structure. When is it ready? When you pull your spoon or rubber spatula away the dough should come with it, feeling elastic like bread or pizza dough (see my photo below). If your dough does not do this, keep vigorously stirring until it does.



STEP 4: For best results, pop your 8 x 8 pan with melted butter back in the oven for one minute (no more) to really warm it up. This will give you the very best rise for your biscuits. Be careful now, the pan will be hot. Pour the stiff dough into the melted butter of your hot pan. Be sure to use all the dough, scraping the bowl well with a rubber spatula. (Use an oven mitt to hold the pan and...) Quickly flatten out the dough with your spoon or spatula, stretching it to evenly cover the bottom of the pan. The dough does not have to touch the four sides of the pan, but it should be fairly close to them, as shown in my photos.





STEP 5: Immediately place the pan in your well preheated oven. Bake for about 15 to 18 minutes. The edges will be golden brown and crusty, and the top should show touches of light golden browning. The top will also show some cracking.

COOL 5 MINUTES IN THE PAN and

5 MINUTES OUT OF THE PAN BEFORE CUTTING...

COOL IN THE PAN: Remove the pan from the oven and let it sit for at least 5 full minutes. The insides are still baking in the hot pan so this is an important step.

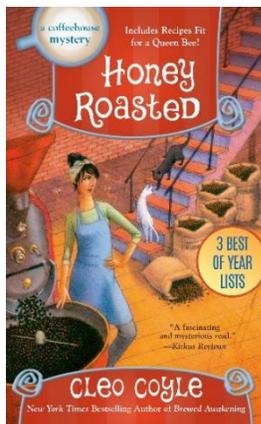
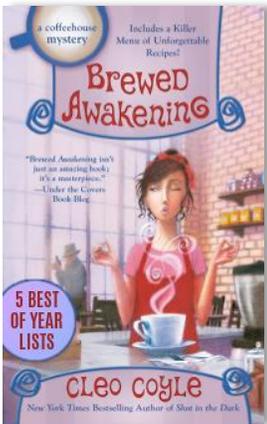
DE-PANNING - Because of the melted butter base, the big biscuit square will slip right out. Yes, the bottom will appear golden brown and crusty. But, trust me, the inside will be amazingly light and fluffy.



COOL OUT OF THE PAN: Allow the big square to cool 5 minutes more outside of the pan before cutting.

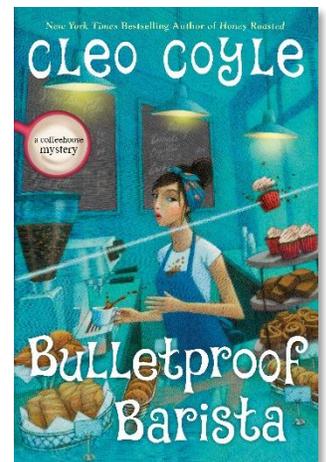
TIPS FOR SLICING: Flip the big biscuit right side up again before cutting, and you'll have an easier time of it. Trust me, the insides are retaining a lot of heat and will still be hot when you eat them, even after 10 minutes of cooling time. Use a pizza cutter for the cleanest, best-looking slices. Then slather on butter, honey, or jam; dip into hot gravy; or split and fill for an amazing biscuit sandwich.

Presentation Note: If you're serving these to guests or your family, you can keep the biscuit slab whole and slice it up right at the table (as shown above). This makes a fun, somewhat more theatrical presentation of your beautiful biscuits. This method also has the advantage of staying hot much longer than individual biscuits so you have time to get the rest of the meal on the table. May you eat with joy! ~ Cleo



The [Coffeeshouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes.

To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at www.CoffeeshouseMystery.com And her recipe blog at www.CleoCoyleRecipes.com



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