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# Sweet Potato Buttermilk Biscuit

**From the Kitchen of:** Sarah

**Servings:**

**Prep Time:** 35 minutes **Bake Time:** 10 minutes **Bake Temp: 375**

**Ingredients:**

* 2 cups flour 5 Tbls butter or shortening
* 1 Tbls baking powder 1 cup buttermilk
* ½ tsp baking soda 1 Tbls honey
* ½ tsp salt 1 egg (to be used later as a wash)
* ½ cup cooked, cooled and mashed sweet potatoes

Sift together the dry ingredients. In a small, separate bowl, mix together the sweet potato, buttermilk, and honey. This will keep the sweet potato from clumping and make it easier to add to the flour mixture later. Set it aside. So now you have to "cut in" the butter. Make sure the butter is cold, not warm, not at all softened. Cube the butter and toss it into the flour mix. Pick up a bit of flour and a cube of butter in one hand and smoosh the flour across the butter cube. Don't push the flour into the cube, but flatten the cube a bit while rubbing the flour across it. Do this with every cube, working quickly so that you don't heat the butter too much. Keep doing this with the cubes until they are all broken up. (You can grab more than one as you go along, of course.) Once the butter/flour has formed large crumbs, starting rubbing it together between your hands. Now make a well in the center of your dry ingredients and add the sweet potato/buttermilk/honey mixture. Use your hands to knead it until just combined. Fold the biscuit dough over itself a few times and then STOP. Cover it with plastic wrap and stick it in the fridge for 20 minutes, then take it out, roll it out lightly on a lightly floured surface and cut into biscuits. Brush with egg wash and bake for 10 minutes.