**INGREDIENT GUIDE & METHOD FOR TEA BISCUITS**

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| **Quantity** | **Dry Mix** | **Cold Milk** | **White Vinegar** | **Egg Whites (Cold)**  | **Vegetable Oil** | **Vegetable Shortening (Cold)** |
| 8 | 360 g | 2/3 cup | 1 tbsp | 2 | 2 tbsp | 95 g |
| 16 | 720 g | 1 1/3 cup | 1/8 cup | 4 | 1/4 cup | 190 g |
| 24 | 1080 g  | 2 cup | 3 tbsp | 6 | 3/8 cup | 285 g |
| 32 | 1440 g | 2 2/3 cup | 1/4 cup | 8 | 1/2 cup | 380 g |
| 40 | 1800 g | 3 1/3 cup | 1/4 cup +1 tbsp | 10 | 5/8 cup | 475 g |
| 48 | 2160 g | 4 cup | 3/8 cup | 12 | 3/4 cup | 570 g |
| 56 | 2520 g | 4 2/3 cup | 3/8 cup + 1 tbsp | 14 | 7/8 cup | 665 g |
| 64 | 2880 g | 5 1/3 cup | 1/2 cup | 16 | 1 cup | 760 g |
| 72 | 3240 g | 6 cup | 1/2 cup + 1 tbsp | 18 | 1 1/8 cup | 855 g |

**Method**

1) Stir vinegar into milk and place in fridge for at least 10 minutes (or use equivalent amount of butter milk).

2) Preheat oven to 425°F (220° C).

3) Add egg whites to mixer bowl and beat on high for 30 seconds or until frothy.

4) Measure half of the dry mix into mixer bowl. Measure the rest of the dry mix into another bowl.

5) Add oil and milk/vinegar mixture (or equivalent amount of butter milk) to ingredients in mixer bowl.

6) Mix on low 30 seconds. Adjust mixer speed to medium-low and beat for 3 minutes. Stop mixer and scrape beater and bowl. Beat for another 3 minutes at medium-low speed.

7) Use pastry cutter to cut cold shortening into dry mix in the other bowl.

8) Scrape contents of this bowl into mixer bowl and mix on low for 30 seconds.

9) Scrape dough out onto parchment which has been floured with rice flour. Sprinkle top of dough with rice flour and with floured hands pat dough to 2 cm (3/4") thickness.

10) Cut with floured 6 cm (2 1/2") cutter and place on parchment lined baking sheet. Reshape and cut remaining dough.

11) Bake for 12-14 minutes or until done.