

Donald's barbecups

This recipe is based on a recipe from my church's cookbook in 1996.

The biscuit dough recipe does not double well; to make a double (or multiple) batch(es), it is best to make a new batch for each dozen. The filling recipe, however, does multiply.

Makes approximately 12 units

Biscuit cup (does NOT double well):

- 2 cups flour
- 1/2 cup shortening
- 4 teaspoons baking powder
- 1/4 teaspoon salt
- 2/3 cup milk
- 1 egg

Filling and topping

- 1lb to 1-1/4lb ground beef
- 1 small onion
- Salt
- Barbecue sauce of your choice
- Mozzarella cheese

Equipment

- Large skillet or electric frypan
- Stove or hotplate (not needed if using electric frypan)
- Oven set to 425F
- Mixing bowl
- Measuring cup
- Measuring spoons
- Fork
- Muffin baking tin(s) -- total of 12 muffin wells
- Chopping board
- Chopping knife
- Cheese grater (optional)
- Squeeze bottle or icing / pastry bag or bag with a corner cut off, for dispensing the BBQ sauce
- Cooling racks
- Cookie sheet for freezing individually if the cooling racks can't go in the freezer
- Container or zipper sandwich bags to freeze

Making the filling:

- Trim the onion
- Chop the onion coarsely
- Place onion in skillet or electric frypan
- Place ground beef in skillet or electric frypan
- Fry the beef and onion together until brown and the water fraction has evaporated off (grease will always remain); add salt to taste

Making the biscuit cups:

- Add all dry ingredients in the mixing bowl, including shortening
- Use a fork to break up the shortening into small balls the size of peas, while in the bowl with the other dry ingredients
- Mix in and blend the shortening with the rest of the dry ingredients
- Mix the egg and milk in the measuring cup
- Add liquid about 1/3 at a time to the dry ingredients, mixing the dough with the fork

- Pick up a golf ball sized amount of dough, and form the biscuit mix in the wells of the biscuit baking tin, pushing a well into the dough

Completing the barbecups:

- Fill the wells in the dough with the meat and onion mix, using a spoon
- Put some barbecue sauce on top -- up to a teaspoon, or a slight squeeze if it's from a squeezable bottle or pastry / icing bag
- Cover each barbecup with mozzarella cheese -- I usually slice cheese off the block, but grated cheese works too
- Bake for 14-15 minutes in the oven on the top rack at 425F, until the cheese starts to brown; part way through, rotate the trays front to back for more even baking of the biscuit dough
- Remove the baking pan from the oven
- Remove the barbecups from the wells by gently rotating them in and removing them from the wells using a plastic fork, placing on a tray or cooling rack
- Serve hot

Freezing:

- Allow barbecups to cool on cookie / cooling racks
- Barbecups freeze well; after freezing on rack, place the barbecups in a container, or in zipper sandwich bags, and keep frozen