The Best Buttermilk Biscuits

2 cups flour
1 tablespoon sugar
3 teaspoons baking powder
1 teaspoon salt
1/2 cup cold butter
3/4 cup buttermilk

Preheat the oven to 450. Line a baking sheet with parchment or silicone and set aside. In a medium bowl, whisk together the flour, sugar, baking powder, and salt. Grate the cold butter into the flour mixture, and toss to coat. Pour in the buttermilk and mix just until the dough comes together. (Be careful not to over-mix!) Pat the dough out to an even layer, about one inch thick, on a lightly floured surface. Fold the dough into thirds, as though you are folding a letter. Pat the dough out again until it is about one inch thick. Turn the dough 90 degrees and fold it in thirds again. Pat it out into a rectangle that is approximately one inch thick. Cut into circles using a biscuit cutter or small cup. Bake 10-12 minutes, or until golden brown on top.