



Better Biscuits

Herbed Roquefort Biscuits

- 3 oz. Roquefort cheese, crumbled
- 2 tablespoons minced green onion tops
- 1 teaspoon dried basil
- ½ teaspoon dried thyme
- 2 cups sprouted white wheat flour
- 1 tablespoon aluminum-free baking powder
- ½ teaspoon sea salt
- ¼ teaspoon baking soda
- 6 tablespoons cold unsalted butter, cut in pieces
- ¾ cup plus 2 tablespoons (whole fat) buttermilk

Combine first 4 ingredients in a small bowl and set aside.

Combine flour, baking powder, salt, and baking soda in a medium bowl. Cut in cheese mixture and butter with a pastry blender until mixture resembles coarse meal. Stir in buttermilk. (If dough is too dry add more buttermilk, 1 tablespoon at a time until you get a pliable dough consistency.) Turn dough out onto a floured surface and knead lightly 7 or 8 times.

Roll dough to ½ inch thickness. Cut with a biscuit cutter. Place biscuits on a lightly greased baking sheet. Bake at 450 degrees for 13-15 minutes. Yield about 14 biscuits.



Rye Biscuits

- 1 ½ cups sprouted white wheat flour
- 1 ½ cups sprouted rye flour
- 2 tablespoons aluminum-free baking powder
- ½ teaspoon sea salt
- 1 teaspoon caraway seeds
- ¾ cup lard
- 1 cup plus 5 tablespoons (full fat) milk

Combine first 5 ingredients and mix well. Cut in lard with a pastry blender until mixture resembles coarse meal.

Add milk, stirring until dry ingredients are moistened. (If dough is too dry add more milk, 1 tablespoon at a time until you get a pliable dough consistency.) Turn dough out onto a lightly floured surface. Knead lightly about 10 times.

Roll dough to ½ inch thickness; cut with a biscuit cutter. Place biscuits on an ungreased baking sheet. Bake at 450 degrees for 12-15 minutes. Yield about 15 biscuits.