



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Amazing Whole Wheat Flaky Homemade Biscuits

These homemade biscuits truly are tender and amazing. You won't believe these are 100% whole wheat!

INGREDIENTS

- 3 cups whole wheat pastry flour*
- 1 teaspoon honey or sugar
- 4 teaspoons baking powder
- ¾ teaspoon cream of tartar
- ½ teaspoon salt
- ½ cup cold butter
- 1 egg
- 1 cup buttermilk**

Notes

*You can use a combination of whole wheat and all-purpose, but then it won't be 100% whole wheat, obviously.

**Add 1 tablespoon vinegar to a 1 cup measure and then add milk to equal 1 cup unless you have access to real buttermilk - what they sell in the stores as "buttermilk" is full of additives!

INSTRUCTIONS

1. Preheat oven to 425 degrees.
2. In the bowl of a food processor or regular bowl, combine the first six ingredients (if using honey, combine it with the liquid ingredients). Pulse (or mix) to combine.
3. Cut up the butter into eight pieces and add to the dry ingredients. Pulse (or use a pastry blender) until the mixture resembles coarse cornmeal with a few pea-sized pieces of butter remaining. If using a processor, transfer to a medium bowl.
4. Combine the egg and buttermilk (and honey, if using) in a glass measure; add to the dry ingredients all at once. Stir with a wooden spoon just until mixture starts to come together (it will not be completely mixed). Don't over mix.
5. Turn out onto a floured surface and knead 10–15 times until dough holds together, folding a couple of times at the end like a letter. Pat or roll into a 1 to 1-¼ inch rectangle. Cut with a biscuit cutter or knife into about a dozen biscuits depending on the size.
6. Place on a lined or greased cookie sheet, and brush the tops with milk, if desired, for a shiny, browned top.
7. Bake for 12 to 15 minutes until golden brown. Cool on a wire rack.

Find us on Twitter @columbiagrains | columbiagrains.com