



Mile-High Buttermilk Biscuits

by: Tracy Oldfather www.HealthyHomePrinciples.com

Does yummy, light & fluffy and healthy go together when describing biscuits? Well, they do for these! I use fresh milled whole wheat flour, bean flour and fresh ground flax seed; all of which are loaded with good-for-you nutrients.

Ingredients:

2-1/4 cups fresh milled **Soft White Wheat***
1/4 cup fresh milled dried **Navy Beans***
1/4 cup fresh ground **Flax Seed***
1 Tablespoon **Baking Powder**
1/2 teaspoon **Baking Soda**
1 teaspoon **Real Salt Sea Salt**
1/3 cup cold **Butter or Palm Shortening**
3/4+ cup **Buttermilk***
Additional **Flour** for dusting surface
Additional **Butter**, melted for brushing

*See  below.



Makes: about 15 Biscuits using 2-1/2" cutter or
10-12 Cat-Head Biscuits with a 3" cutter

Instructions:

Preheat oven to 450 degrees. Place flour and butter/shortening in the fridge for about 15 minutes to chill.

Mixing:

- In a large bowl combine flour, bean flour, ground flax seed, baking powder, baking soda and salt.
- Using a pastry blender or fork & knife cut in cold butter or palm shortening until mixture resembles peas or coarse crumbs.
- Add buttermilk; stirring until a soft dough forms. Add a little more buttermilk if dough is too dry.

Cutting:

- Turn dough out onto a lightly floured surface. Gently knead dough about 10 turns by folding dough in half and pressing lightly each turn. *Do not over knead dough or you will have tough biscuits.*
- Press or roll dough out to about 1/2 to 3/4 inch thick. Using a biscuit cutter press cutting straight down and pull cutter straight back up. *Do not twist cutter; twisting cutter will hinder the rising process.*
- Place cut biscuits on a baking stone or ungreased cooking sheet. *For soft edged biscuits place them slightly touching; for crispier biscuits leave space between each.*

Baking:

- Bake biscuits in a preheated 450 degree oven for 10-12 minutes or until golden brown.
- Remove pan from oven and brush with melted butter if desired.

Healthy Home Principles



Milling your own flour: I usually use freshly milled soft white whole wheat flour. However, most any fresh milled flour will work: hard white, spelt or unbleached all-purpose flour. Be sure to let the soft white flour rest for 15+ minutes before using so it can settle. It is so soft you know.

Bean flour is made by milling 1/8 cup whole dried navy, great northern or garbanzo beans in with your wheat berries. Beans add tons of nutrients as well as protein and fiber. You will not taste the beans once they are cooked in the dough. Of course if you don't have bean-flour just replace it with flour.

Flax Seed: To produce 1/4 cup ground flax seed, simply put 1/8 cup in your mini mill or coffee grinder and mill till fine. Flax seed is optional, so if you do not have any simply replace the measure with flour.

Buttermilk or Milk: Buttermilk adds so much flavor; just that little twang. If you don't have buttermilk you can sour regular milk by adding 1 Tablespoon of vinegar to a cup of milk; stir and allow it to set about 5-10 minutes before adding to your recipe. Or swap the buttermilk for regular milk, add an additional 1 teaspoon of baking powder and omit the baking soda.

Biscuit Variations

Cheesy Garlic & Chives Biscuits: Before adding your liquid - add 1 cup of shredded sharp cheddar cheese, 1+ teaspoons garlic powder and 1/2 cup chives to the flour-shortening mixture; stir to mix well, then add your liquid and proceed with cutting. Place cut cheesy biscuits on a baking stone or greased cookie sheet. *Yumm!*

Drop Biscuits: Increase buttermilk to 1 1/4 cups. Using two soup-size spoons, drop dough onto a lightly greased stone or cookie sheet.

Freezer Make-Ahead Biscuits: Biscuits may be prepared according to the recipe. Lay unbaked cut biscuits on a cookie sheet lined with parchment. Place cookie sheet in the freezer, allow biscuits to freeze for several hours until hard, then store frozen biscuits in an air tight freezer container or freezer bag for up to 3 months. When ready to bake, place frozen biscuits on baking stone or cookie sheet bake as above adding an extra couple of minutes or until they are golden brown. (Remember: If using fresh milled flour nutrients will decrease significantly the longer they are kept uncooked.)