



Buckwheat Biscuits

These hearty biscuits go well with vegetable soups like Borscht. By blending the buckwheat with Spelt flour I found they held together nicely.

Ingredients:

1 ½ cups Fieldstone Organics Buckwheat, ground into flour (Buckwheat in the Hull works well and the hulls can be sifted away

½ cup Spelt flour (you may need slightly more when rolling out biscuits)

2 ½ tsp baking powder

¾ tsp sea salt

1/3 cup butter

¾ cup milk



Method:

Cut shortening into flour, baking powder and salt mixture with a pastry blender until mixture resembles fine crumbs. Stir in enough milk so dough leaves side of bowl and rounds up into a ball.

Turn dough onto a lightly floured surface. Pat to about ½ inch thick. Use a round cutter to cut out the biscuits. Place biscuits on a cookie sheet and bake for 10 – 12 minutes in a 375 degree oven. Yield 10 biscuits. Try adding some herbs or shredded cheese if you prefer more flavour.