

Einkorn Biscuits with miso honey butter

Makes 7-8 biscuits

Equipment

10-12 inch cast iron pan

Pastry brush

3 inch biscuit cutter, mason jar lid or water glass

Ingredients

2 1/4 cup Einkorn Flour

1 tablespoon baking powder

1/4 teaspoon baking soda

1/2 teaspoon kosher salt

3/4 cup buttermilk (you can also use 3/4 cup milk mixed with 1 tablespoon white vinegar)

1 stick (1/2 cup) cold unsalted butter + 3 tablespoons melted butter

Miso Honey Butter

1/2 stick unsalted butter at room temperature

3 teaspoons honey

1 teaspoon white miso

Instructions

1. Preheat the oven to 425 degrees Fahrenheit. Grease a cast iron pan with a little butter. I used a 12 inch cast iron pan but a 10 inch would work too, your biscuits will just be closer together.
2. In a large bowl whisk Einkorn flour, baking powder, baking soda and salt.
3. Cut the cold unsalted butter into small 1/2 inch cubes. Add the butter cubes into the flour. Using your hands, coat the butter cubes in the flour. Then with your thumb and first finger, smash the butter into the flour until it is about the size of

a pea and resembles a coarse meal. You can also use a pastry cutter or a fork to do this.

4. Next using a fork, slowly add in the buttermilk until just combined. At this stage you'll have a shaggy dough.
5. Pour the dough out onto a floured work surface. Using your hands and a rolling pin shape, and flatten the dough into a rectangle about 1/2 inch thick.
6. Folding the dough helps create more buttery layers and a nice flakey texture. Fold the dough in thirds, like a letter, bringing one side over the other and flattening out to 1/2 inch thick again. Repeat this one more time.
7. With a rolling pin, flatten the dough into a rectangle with a 1/2 inch thickness. Using a 3 inch biscuit cutter or water glass cut out the biscuits and place in a greased cast iron pan, leaving a little room between each. Re-roll out scraps until the pan is filled. Note: if your dough has become super soft or left out too long you can place these in the fridge to firm up. You want the dough to be cold going into the oven.
8. Brush the biscuits with melted butter and place in the preheated oven for 18-20 minutes until golden brown. Serve warm.

Miso Honey Butter

In a mixing bowl or by hand whip the butter, miso and honey until combined and fluffy. Serve alongside the biscuits and enjoy!

Notes

The key to this recipe is keeping the ingredients cold. If needed you can place the dough in the freezer or fridge for a bit before baking.

Depending on the exact size of your cast iron and cutter this recipe will yield 7-8 biscuits, if you use all the dough.