
Whole Grain Triticale Biscuits

Ingredients

- 2 cups freshly milled whole grain triticale flour
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 tablespoon sugar (optional)
- 6 tablespoons cold unsalted butter (or vegan alternative)
- ¾ cup buttermilk (or plant milk + 1 tsp lemon juice)

Method

Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.

In a large bowl, whisk together the triticale flour, baking powder, baking soda, salt, and sugar.

Cut in the cold butter using a pastry cutter or fork until the mixture resembles coarse crumbs.

Stir in the buttermilk just until the dough comes together — don't overmix.

Turn the dough onto a lightly floured surface and gently pat into a ¾-inch thick round.

Use a biscuit cutter or glass to cut out biscuits and place them on the baking sheet.

Bake for 12–15 minutes, until golden brown on top.

Serve warm with butter, honey, or jam — or alongside soups and stews.

