



Biscuitroot Biscuits

Makes 10-12 biscuits | Grains | Vegetables

Ingredients

- 2 cups biscuitroot flour (can also use 1 cup amaranth flour and 1 cup almond flour)
- $\frac{3}{4}$ teaspoon salt
- 5 Tablespoons shortening (lard)
- $\frac{3}{4}$ cup water

Equipment

- Pastry blender or butter knives
- Mixing bowl
- Additional flour for rolling
- Cookie sheet or baking pan

Directions

1. Wash hands in warm, soapy water.
2. Sift together flour and salt.
3. Cut in shortening (lard) with pastry blender or butter knives.
4. Add water and stir with fork until a soft dough is formed.
5. Turn on lightly floured board or table, and roll about 1 inch thick.
6. Form 10-12 circular patties with your hands and place on a cookie sheet.
7. Bake at 425 °F for 10-15 minutes, checking occasionally, ensuring biscuits appear golden brown.
8. Remove from heat.
9. Store in a airtight storage container (freeze well too).



Recipe provided by Restoring Shoshone Ancestral Foods in collaboration with the Restoring Ancestral Foods Group. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>

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