

An Unlikely Culinary Column: Make Your Own Biscuits and Crackers

By Karen Kain

and thanks to Anne for the inspiration.

I have always thought that making homemade crackers would be too much effort for the pay off, but am happy to tell you that I found these recipes to be easy, delicious and plentiful.

If you have followed my column, you know I like to make recipes in threes, to make this column complete I have included a homemade Digestive Biscuit recipe. Although I like all three recipes, I am not sure which is my favorite, the digestive biscuits or the graham crackers. That might simply be a matter of putting chocolate on top of the graham crackers. Chocolate makes everything better.

In the UK, digestive biscuits are a staple, and sell at the market for about 2 pounds (\$3.75 approx.) for a package weighing 250 grams. In the US you can find digestive biscuits but they are about \$5.00. After my latest purchase I was motivated to make them myself. I found that digestive biscuits are really easy to make and quite delicious. What I love most about this recipe is that there is very little sugar in the ingredients but a sweet biscuit is the result.

Making all three of these recipes was basic, quick and truly a healthier way to snack. I hope you give these a whirl

Digestive Biscuits

Ingredients

- 1 Cup whole-wheat flour
- 1 1/3 Cups old-fashioned rolled oats
- 1 Teaspoon baking powder
- 1 Pinch salt
- 1/3 Cup brown sugar, packed
- 1/2 Cup unsalted butter, cold and cubed
- 3 to 4 Tablespoons milk
- 4 Ounces dark or milk chocolate, chopped (optional)

Directions:

Preheat the oven to 350° F. Line a baking sheet with parchment paper. Put the rolled oats into a food processor



and pulse to make small crumbs. Add the rest of the ingredients except the milk and pulse until the mixture resembles breadcrumbs. Slowly add the milk, and pulse again, the dough will start to clump together. Place the dough on top of two

pieces of parchment paper or cling form and roll it out until it's about 1/4 inch thick. If the dough becomes sticky, pop it in the fridge to firm up. Using a round cookie cutter, cut out your biscuits, and place them on the baking tray. Chill for 10 minutes, or until firm.

Bake for 15 to 20 minutes, until just golden brown at the edges. Remove from the oven and allow to cool for 10 minutes on the tray before transferring to a wire rack.

If you are coating your biscuits in chocolate, wait until the biscuits have cooled completely. Then, melt the chopped chocolate in a bowl set over a pan of barely simmering water. Either dip the cookies in the chocolate or spread over the top.

Makes 12 cookies

Homemade Graham Crackers

Ingredients:

- 2 Cups Flour
- 1/2 Cup Whole wheat flour
- 1/2 Cup Brown sugar or coconut sugar
- 1/2 Teaspoon Cinnamon
- 1 Teaspoon Baking soda
- 1/2 Cup Coconut oil
- 1/2 Cup Fresh local honey
- 1 Tablespoon Molasses
- 1/4 Cup Vegetable oil
- 3 Tablespoon Cold water
- 1 Teaspoon Salt

Directions:

Preheat oven to 425° F. Combine all dry ingredients in a mixing bowl and mix

together. Add the remaining ingredients and blend for 3 minutes. Separate the dough in half. Line two baking sheets with parchment paper and place one ball onto the baking sheet and roll out with a rolling pin, using flour to keep from sticking. We found it easier to layer another piece of parchment paper and roll the dough out, then carefully remove the paper. Score the dough with a knife into 2-inch squares and prick deeply all over with a fork. Bake for 10 minutes or until brown. While still warm cut the crackers apart and store in an airtight container for up to 4-6 weeks.

Homemade Saltine Crackers

Ingredients:

- 2 Cups Flour
- 1 Teaspoon Salt
- 1/2 Teaspoon Baking soda
- 2 Tablespoon Butter
- 2/3 Cup Buttermilk, or sour milk

Directions:

Preheat the oven to 375° F. Put the dry ingredients into a bowl and mix together. Add the remaining ingredients; the dough will turn into a ball. For thinner crackers cut the dough in half to make two batches. Roll out onto a baking sheet lined with parchment paper. Score the dough with a knife into 2-inch squares and prick deeply with a fork. Bake for 10-12 minutes. Remove from the oven and break the crackers apart while still warm. Enjoy!

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