



LOCAL FOOD OLYMPICS

Seasonal Sampler

Stratford Hall Biscuits, Stratford Hall Honey Whole Wheat Rolls, Fresh Basil Pesto

Contributed by Shannon Reber

Stratford Hall Biscuits

Ingredients

2 cups Stratford Hill Stone Mill whole wheat flour
2 teaspoons baking powder
½ teaspoon salt
¼ teaspoon baking soda
¼ cup butter
¾ cups buttermilk

Instructions

Preheat oven to 425 degrees. Combine dry ingredients in a bowl, or in the bowl of a food processor. Cut the butter into chunks and cut into the flour until it resembles course meal (if using a food processor, just pulse a few times until this consistency is achieved). Add buttermilk and mix just until combined.

Turn dough out onto a floured board. Gently pat (do *not* roll) the dough out until it's about ¼ inch thick. Use a round cutter to cut into rounds. **Hint:** If you like soft sides, place biscuits so they are touching each other. If you like crusty sides, space biscuits about 1 inch apart (but note that they will not rise as high as when they are touching).

Place biscuits on a cookie sheet and bake until light golden brown on top, about 10-15 minutes depending on biscuit size.

Note: The key to real biscuits is not in the ingredients, but in the handling of the dough. Try to handle dough as little as possible and do not overmix or biscuits will be tough.

Stratford Hall Honey Whole Wheat Rolls

Ingredients

2 packages (1/4 ounce each) active dry yeast
1 cup warm water
¼ cup butter, melted
¼ cup honey (Stratford Hall honey)
1 egg
¾ cup whole wheat flour (Stratford Hall local whole wheat flour)
½ cup old-fashioned oats
1 teaspoon salt
2 ¼ to 2 ¾ cups all-purpose flour

Instructions

In a large bowl, dissolve yeast in water. Stir in the butter, honey, egg, whole wheat flour, oats, salt and 1 cup of all-purpose flour; beat until smooth. Add enough remaining all-purpose flour to form a soft dough.

Turn onto a floured surface; knead dough until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down. Shape into 15 rolls. Place in a greased 13-in. x 9-in. baking pan. Cover and let rise until doubled, about 45 minutes.

Bake at 375° for 20 minutes or until golden brown. Brush with a light glaze of melted butter and honey.

Fresh Basil Pesto

Ingredients

3 cups chopped fresh basil (local preferred)
1 cup extra virgin olive oil
½ cup pine nuts
1/8 cup Brazil nuts
2/3 cup grated Parmesan cheese
2 tablespoons minced garlic
½ teaspoon chili powder

Instructions

Place basil in a blender. Pour in about 1 tablespoon of the oil, and blend basil into a paste. Gradually add pine nuts, Brazil nuts, Parmesan cheese, garlic, chili powder, and remaining oil. Continue to blend until smooth.