

Caramelized Mushroom and Onion Biscuits

Makes 6 biscuits

Ingredients

¼ cup sliced and sautéed cremini mushrooms	1½ cups all-purpose flour
½ onion per unit , sliced	1 tablespoon sugar
1½ teaspoons olive oil and 1½ teaspoons margarine	1½ teaspoons baking powder
1½ teaspoons dried thyme	¼ teaspoon baking soda
1½ teaspoons balsamic vinegar	¼ teaspoon salt
Salt and pepper to taste	90 mL (6 Tablespoons) cold margarine
	½ egg, beaten
	90 mL buttermilk
	1 egg for egg wash (shared amongst 3 groups)
	Coarse sea salt, to taste

Directions:

Preheat oven to 425°F.

Heat 1 ½ teaspoons olive oil and 1 ½ teaspoons butter in a medium sauté pan over medium heat. Add onion and cook down until tender and browned, stirring occasionally. Remove from heat, add the mushrooms to the pan along with thyme, balsamic vinegar, salt and pepper. Set aside to cool.

In a mixing bowl, sift together flour, sugar, baking powder, baking soda, and salt. Cut in cold margarine until mixture resembles coarse meal. Mix in the cooled mushroom and onion mixture. In another bowl, combine egg and milk and beat lightly with a fork. Add to flour mixture all at once, stirring enough to make a soft dough.

Turn out onto a floured board and knead about 15 times. Roll out into a circle shape with a 1-inch thickness. Cut into 6 triangles. Place on parchment lined cookie sheet, brush with egg wash, and sprinkle with coarse sea salt. Bake at 425°F for 12-15 minutes on centre rack, until top is golden brown.