

chattavore

Prep time: 30 minutes

Cook time: 30 minutes

Serves 6

- 2 cups whole wheat flour (can use all-purpose if you don't have whole wheat)
 - 4 teaspoons baking powder
 - 1 teaspoon salt
 - 1/2 teaspoon baking soda
 - 8 tablespoons unsalted butter
 - 1 cup buttermilk
 - 1 small onion (chopped)
 - 8oz cremini mushrooms (quartered)
 - 4 tablespoons flour
 - 1 cup chicken stock (unsalted or homemade)
 - 1 cup milk
 - salt and pepper to taste
 - 6oz cheddar cheese (grated)
 - 3-4 cups broccoli (chopped)
1. Preheat the oven to 425 degrees. Make the biscuit topping: combine the whole wheat flour, the baking powder and baking soda, and the salt in a large mixing bowl. Use a pastry blender or your fingertips to blend 6 tablespoons of the butter (cut into cubes) into the flour mixture until the mixture resembles coarse crumbs. Gradually mix the buttermilk into the flour-butter mixture until a slightly sticky dough forms. Cover with plastic and refrigerate until ready to use.
 2. In a medium saucepan, melt one tablespoon of the butter over medium heat. Sauté the onion until it starts to soften. Add in the remaining tablespoon of butter and the mushrooms and cook until the mushrooms are softened.
 3. Sprinkle the four tablespoons of flour over the onion-mushroom mixture. Cook for about a minute. Gradually stir in the chicken stock and milk. Cook until thickened then add the broccoli and cook for a few minutes more. Add four ounces of the cheese and stir in until melted. Add salt and pepper to taste.
 4. Pour the mushroom-broccoli mixture into an 8-inch square baking pan. Roll the biscuit dough out onto a lightly floured surface. Knead and turn the dough a few times then pat into a rectangle about 2 inches thick. Cut the dough into 12 pieces and evenly distribute on top of the broccoli mixture. Sprinkle with remaining cheese.
 5. Bake the casserole for about 25-30 minutes, until bubbly and browned on top. Serve immediately.

Notes

This is a meatless recipe. To make the recipe completely vegetarian, substitute vegetable stock for the chicken stock.