

Chicken and Veggie Filled Biscuits

Makes 12 biscuits

Filling Ingredients:

- 2 cups water
- 1/2 cup each of your choice vegetables (corn, peas, potatoes, carrots — freeze dried, or canned)
- 1 cup white cream sauce (my favorite brand so far has been Shirley J's Universal Sauce)
- 1 (12.5 oz.) can chicken
- 1/2 tsp ground dried rosemary or tarragon (optional)

Backcountry Biscuits ingredients:

- 3/4 tsp. cream of tartar
- 1 tsp. salt
- 3 cups flour
- 4 1/2 tsp. baking powder
- 2 TBS sugar
- 1 egg (2 TBS water mixed with 1 TBS egg powder)
- 3/4 cup butter (a little less than 1/2 cup water with 3/4 cup butter powder)
- 1 cup milk (1 cup water mixed with 2 TBS milk powder)

To make biscuits:

Reconstitute butter, egg and milk powders. In a bowl, mix in cream of tartar, salt, flour, baking powder and sugar. Cut in butter with a pastry blender until it looks like oatmeal. Add the egg and milk and stir just a bit. On a floured board, knead the dough lightly until smooth. Fold and roll out to 12" – 6". Fold and repeat three times. Roll out dough to 3/4" thick. Cut to 3" rounds.

To make the filling:

Rehydrate vegetables if needed. Over low to medium heat combine 2 cups water and 1 cup white cream sauce powder. Mix in the vegetables and canned chicken and simmer and stir until thick. Add optional spices and salt and pepper to taste if needed.

Drop about a tablespoon of the filling in the center of 12 of the 36 rounds of dough. Place the other 12 rounds of dough on top of the filling and gently seal the edges with the tines of a fork. If needed, dip the tines in flour to keep them from sticking. Prick the top of each sealed biscuit 3 times with the tip of a knife. Bake at 425 for 10-12 minutes or until lightly browned. Spoon remaining warmed sauce on top of the biscuits to serve.