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## **Gluten Free Short Pastry**

This makes enough pastry for both top and bottom crust on a fruit pie on a Pyrex pie dish.

### **Ingredients:**

- 8oz / 220gms Wellfoods Gluten Free Flour
- Pinch Salt (Lo-Salt is good)
- 3.1/2 oz / 100gms Margarine or all Butter or a mix of margarine/lard.
- Large free range egg.

### **Method:**

- Make the pastry in the traditional way by rubbing the fat into the flour (with salt added if using) until it resembles fine breadcrumbs.
- Beat the egg well in a measuring jug. Add a little cold water.
- Wet the flour mix down carefully to make a fairly soft dough that comes together easily. (There will be some egg/water left.)
- Put the pastry into the fridge for 30 minutes to rest.
- The pastry will tighten up.
- Put a large piece of cling film onto the worktop. Divide the pastry into two. Carefully shape the pastry into a round, centre it onto the cling film.
- Put another piece of cling film on top. Roll or press out carefully, turning the cling film, until the round is big enough to fit the dish.
- Take off the top piece of cling film.
- Pick up the pastry (still on the cling film) and quickly invert it onto the dish.
- Peel off the cling film carefully. Any fractures can be patched.
- Trim off as required. Use any excess pastry for the top.
- Arrange the pie filling of your choice.
- Repeat with the top crust as before, crimp and seal the edges.
- Brush the pastry with any remaining egg/water for a golden finish.
- Bake in centre of the oven. 30 mins Gas Mark 6 / 200°C (180°C for fan ovens). Use a baking sheet under the dish. Adjust time for the filling of your choice.
- For a sweet pastry...add 55gm icing sugar well sifted. (Mince pies etc)

The pastry is short, and does crumble so don't worry.