

Gluten-free pastry

Season: All

Type: Pastry

Difficulty: Easy

Serves: enough for 1 large pie or 6 small

Recipe Source: This recipe is adapted from Maggie Beer's *Maggie's Kitchen* (Penguin 2008)

This pastry browns beautifully, has a nice crispness and holds in moisture. It also has a nice potato undertone that is very pleasant. The pastry has a great shelf life, lasting up to 5 days in the fridge without going mouldy. You could also add 2 teaspoons of icing sugar to make a sweet pastry for fruit pies.

Equipment:

metric measuring cups and scales
large heavy-based saucepan
wooden spoon
whisk
small mixing bowl
plastic wrap
non-stick baking paper
rolling pin
kitchen knife

Ingredients:

1 cup water
2 teaspoons salt
90 g unsalted butter
150 g gluten-free flour (Maggie uses a mix of potato flour, rice flour and maize flour, or you can buy a ready-made mix from health food shops or supermarkets)
2 g xanthan gum
2 to 3 medium eggs
75 g gluten-free flour, for dusting



What to do:

- Preheat oven to 210°C.
- In the heavy-based saucepan, combine the water, salt and butter.
- Bring to a simmer and add the flour and xanthan gum. Stir vigorously with your wooden spoon. Lower the temperature and continue to cook the mixture until the pastry comes away from the sides and is well-combined. Remove from the heat and let cool to room temperature.
- Whisk the eggs in the small mixing bowl to combine. Add the eggs to the pastry mixture slowly, incorporating fully before adding the next bit, rather than all at once as the dough may become too wet. You may not need all the egg mixture.
- Turn out onto a surface on which you have placed 75 g of gluten-free flour and knead the dough until it is shiny. Try to incorporate as little flour as possible so the pastry doesn't get crumbly.
- Cover with plastic wrap and chill the pastry for 30 minutes. Using a rolling pin, roll the pastry between the two pieces of non-stick baking paper. Roll to ½ cm thick, cut and place in your prepared pie tins.
- Add the pie filling and bake in the oven for 20 minutes.