Pastry Making

This method of making pastry is different to traditional pastry, but if you follow these simple steps then the choice is all yours.

Ingredients
200g (8oz) box of JUVELA Gluten Free Mix
50g (2oz) of lard
50g (2oz) of margarine
1 x medium egg
Water

Method
1.   Place the 200g (8oz) of JUVELA Gluten Free Mix into a bowl.
NB. In traditional pastry half the amount of fat is required to the amount of mix.   A combination of 50g (2oz) and 50g (2oz) of hard margarine will give the best results.   It is important to keep the fat as cold and as hard as possible, so leave them in the fridge till the moment you come to use them.
2.   Cut the fat into small pieces, using a knife, then rub into the Mix. Using your fingertips, until the mixture resembles course breadcrumbs.
It is important not to over-rub the fats. Any larger pieces left will be incorporated later when the pastry dough is kneaded.
3.   Lightly stir in a beaten medium egg and the gradually add water, 1tbsp at a time, you will probably need 2 - 3 tbsp in total.
4.   Using your hands, move the mixture around the bowl, allowing it to form a dough, without actually forcing it together. When the dough starts to clean the bottom of the bowl, then sufficient water has been added.
NB. The dough will still be quite crumbly, so this kneading stage is crucial. (This may seem strange but Gluten Free pastry is completely different to traditional pastry, as it actually benefits from being handled).
5.   Lightly dust the surface with Mix and then knead the dough for 1 - 2 minutes. The pastry will change texture, becoming much smoother and much more pliable.
6.   The pastry is now ready to use. Gluten Free pastry does not need 'resting' but you may find it easier to handle if slightly chilled, so pop the pastry ito a fridge for 20 minutes. The pastry may be stored in a fridge for up to 3 days or frozen for a later date. When you come to use it, lightly dust the surface with Mix and roll it out using smooth short strokes. As the piece gets bigger keep it moving around the surface, using the rolling pin to pick it up.