

Shortcrust Pastry

This recipe will make sufficient pastry for 12 mince pies, or an 8inch/20cm flan, or 4 individual flans.

The Oven temperature, pre-heated to:
200°C/190°C Fan/400°F/Gas Mark 6

Ingredients

225g/8oz Glutafin Gluten Free Multipurpose White Mix
110g/4oz of Butter at room temperature
1 medium egg
1 x 15ml tbsp of cold water

For sweet pastry

25g/1oz of castor sugar

For a savoury option

25g/1oz of Parmesan Cheese - grated
1 x 5ml tsp of mixed dried herbs

Method

1. Place half the weighed White Mix (approx 110g/4oz) in a medium size mixing bowl, with the butte, egg and water.
2. Work in the remaining White Mix (and castor sugar for sweet pastry or the grated cheese and mixed herbs for the savoury option).
3. Bring all together into a ball.
4. Knead on a work surface dusted with the White Mix for a full 12 minutes, until smooth.
5. Roll out to the thickness of a £1 coin and use as required.

Some tips

Some people find the addition of 1 x 5ml of Xanthan gum, to the dried ingredients, makes the pastry easier to roll out.

Rolling out the pastry between 2 sheets of baking parchment paper, makes the pastry easier to handle.