

Gluten Free Select Shortcrust Pastry



Preparation time

30 minutes



Makes

12

Recipe Description

Ingredients

225g Glutafin Gluten Free Select Multipurpose White Mix | Glutafin

110g butter at room temperature

1 medium egg, beaten

1 tbsp cold water

A little extra mix for dusting

Finishing

25g grated Parmesan for a cheese pastry (optional)

25g caster sugar for a sweet pastry (optional)

Method

1. Place half the weighed Flour Mix into a large bowl, with the butter, egg, water (and Parmesan cheese or caster sugar if adding). Combine to a smooth paste with a fork. Work in the remaining weighed mix. Bring together into a ball.
2. Transfer dough to surface dusted with Flour Mix and knead for 1 minute. Wrap in cling film and chill for 20-30 minutes to ease rolling.
3. Knead again for 1 minute and roll out and use as desired.

Nutritional Information

	Per 100g	Per Sheet
Energy (kcal)	420	1681
Carbohydrate (g)	45.2	180.7
Sugar (g)	6.4	25.4
Fat (g)	24.3	97.1
Saturated Fat (g)	14.9	59.6
Protein (g)	4.7	18.6
Fibre (g)	1.4	5.4
Salt (g)	0.5	2.5
Calcium (mg)	237	948