

Gluten Free Pastry

Equipment Needed:

Mixer
Measuring cup and measuring spoons
Knife for cutting butter

To Make The Pastry:

1 cup white or brown rice flour
2/3 cup garbonzo and fava bean flour or type of other bean flour
1/4 tsp baking powder
1 1/2 tsp organic sugar
Pinch sea salt
1/2 cup butter, cold and cut into cubes (coconut oil or ghee can also be used)
2-3 tsp coconut oil, room temperature
1 egg
2 tbsp whole milk or coconut milk

Place the flours, butter, coconut oil, baking powder, sugar and sea salt in a mixer and mix until the butter is broken up into the flour and there are just tiny lumps of butter. Add the egg and milk and mix until it forms a ball. Remove from the mixer and wrap in plastic wrap or place in a small bowl and cover with a plate. Place it in the refrigerator for 30 minutes to rest. Roll as needed.

Pastry can be kept in the refrigerator for 24 hours or it can be frozen if not using right away.