

Spelt Shortcrust Pastry

Equipment Needed:

Food Processor
Measuring cup and measuring spoons
Bowl
Knife for cutting butter

To Make The Pastry:

1 cup whole spelt
1 cup light spelt or unbleached, white cake and pastry flour
6 oz (170 g) or 3/4 cup butter, cold and cut into cubes (coconut oil or ghee can also be used)
2 tsp coconut oil, room temperature
1 egg yolk
Pinch sea salt
2-3 tbsp cold water

Place the flours, butter, coconut oil and sea salt in a food processor and process until the butter is fully cut into the flour, but it is not so processed that it binds together. Transfer the mixture into a bowl. Mix the egg yolk and water together. Start by just using 2 tablespoon water and if more is needed, add it later. Mix everything together with your hands, squeezing it together. Do not knead it as this will make it tough. Once the pastry has been formed into a ball, cover the dough in the bowl and 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.