



OLIVE OIL PASTRY

What you need:

140g of our everyday flour mix
¼ level tsp gf baking powder
¼ level tsp guar gum
Pinch of salt
35mls ricde bran oil or similar
1 egg yolk (size 7)
1 tsp apple cider vinegar
¼ cup milk or water + 10mls (note 1)

To Make:

Measure all the dry ingredients into a bowl and combine together with a hand whisk. Make a well in the centre. Measure all the wet ingredients into a bowl/jug and whisk together. Pour liquid into the dry ingredients and mix together with a knife until the dough comes together. With floured hands shape into a disc. Wrap in cling film and rest in the fridge for 15 minutes before rolling.

Tip: Roll the pastry between 2 sheets of greaseproof paper to 3 mm thick.

This quantity of pastry mix will make average size 12 jam tarts, or 1 small apple pie (18cm diameter plate) or line a 18-20cm quiche tin.

For a sweet pastry add 1 level tablespoon of gf icing sugar.

Note:

1. For dairy free use non dairy milk of choice

For vegan pastry: substitute egg yolk with 1TBS cider vinegar mixed with 1tsp baking soda OR 1 TBS aquafaba (chickpea liquid).