

Featherlight Vinegar Pastry Bette Hagman

The happy accident I had with this pie crust recipe was doubling the vinegar. Honestly, it makes all the difference. The amount of vinegar is already doubled below. Again, you can substitute cold coconut oil for the butter and use an egg replacer if needed. I have used Bette's featherlight flour mix, but I find Bob's Red Mill Gluten-Free All-Purpose Baking Flour also works well.

2 ¼ cups featherlight baking mix
1 rounded teaspoon xanthan gum
½ teaspoon salt
1 tablespoon sugar (optional) (*I do not add sugar.*)
¾ cup butter or cold coconut oil
2 tablespoons apple cider vinegar
1 egg or ¼ cup egg substitute
4 tablespoons ice water
Sweet rice flour for rolling

In a medium bowl, blend the flour mix, xanthan gum, salt, and sugar. Cut in the shortening until coarse crumbs form. In a small bowl, beat the vinegar and egg (or egg substitute) together with a fork. Add the ice water to the vinegar mixture.

Stir the wet ingredients into the dry ingredients with a fork and keep adding liquid until the dough forms a ball. Work the dough a little with your hands to obtain a smooth texture. Cover and refrigerate for 30 minutes or more before rolling out.

Divide the dough in half and roll out on wax paper or plastic wrap covered with sweet rice flour. Use as much sweet rice flour as needed to work easily. Place dough in a pie tin. If using plastic wrap for easier handling, place the pie tin on top of the dough and invert the dough into the pan. Bake as directed for the filling used.

For a baked crust, prick the pastry with a fork on sides and bottom. Bake the crust in a preheated 450F oven for 11:50 minutes or until slightly browned. Cool before filling. Makes enough pastry for a two-crust 9-inch pie or two pastry shells.

Nutrients per serving: 16 servings

Crust calories: 170; fat: 90 g; cholesterol: 15 mg; sodium: 105 mg; carbohydrates: 19 g; protein: 1 g.

From *The Gluten-Free Gourmet Makes Dessert*, by Bette Hagman