

Sweet Pastry Crust

A delicious gluten-free pie crust recipe goes along way to reintroducing many favorites back into your diet. This sweet pastry crust is the perfect companion to any fruit or sweet pie filling. The best thing about it is that it's light, flaky and easy to make and handle. This one is a keeper!

Ingredients

1 cup MBMix
2 TBL sweet rice flour or tapioca flour
3 TBL brown sugar
1/4 tsp salt
6 TBL unsalted butter, ghee or butter alternative, well chilled
1 large egg
1TBL or more ice water

Mix It Up

Preheat oven to 375 degrees and lightly grease a 9" glass pie plate.

- In a food processor, mix dry ingredients: MBMix, sweet rice flour, brown sugar and salt. Pulse to blend.
- Cut in butter just until mixture resembles coarse meal.
- Add egg and water, and mix just until dough forms a ball.
- Flatten dough into a 6" disk, and place between two sheets of dusted parchment or wax paper. Refrigerate for 1/2 to 1 hour.
- Remove from refrigerator and roll out dough between the parchment paper sheets to an 11" round. Place in pie plate, crimp border, add filling and bake according to pie or tart recipe.

Makes one 9" pie crust

Chef's Notes

Double Crust Recipe. This recipe can be doubled for two pies or for a pastry that uses a top and bottom crust. Follow the above recipe and double it exactly. Divide dough in half, leaving one piece slightly larger than the other for the bottom layer. Flatten each piece into a 6" disk and place each piece between two sheets of dusted parchment or wax paper. Refrigerate for 1/2 to 1 hour. Remove from refrigerator and roll the larger dough disk between parchment or wax paper to fit the bottom of a 9" pie plate, about 11". Roll the second disk to about 10". Transfer bottom pastry crust to pie plate, allowing for a 3/4" overhang. Add filling and transfer second layer of dough to the top. Fold top edge of dough under the bottom and crimp to seal. Bake according to recipe.

MBMix: Recipe

2 cups Brown Rice Flour
2 cups White Rice Flour
1 1/3 cup Potato Starch
2/3 cup Tapioca Flour

Mix together in bin and store in cool area for up to 3 months.