

Shortcrust Pastry

Serves	1 batch
Prep time	45 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Ingredient
Misc	Child Friendly , Freezable , Pre-preparable
By author	Lucinda Macdougall

Make your own shortcrust pastry.

Ingredients

- 225g plain white flour
- 115g butter or lard (chilled and diced)
- 3 - 4 tablespoons chilled water
- Pinch salt

Directions

1. Sift the flour and salt together.
2. Cut in the butter until it looks like fine bread crumbs.
3. Sprinkle the water over the surface of the flour mixture and mix with a fork until it comes together. Add the water a bit at a time until this happens. Don't make it too moist.
4. Turn the dough out onto a lightly floured board. Form the dough into a ball and knead until smooth. Don't overwork it.
5. Flatten the dough into a disc and wrap in cling wrap. Chill in the fridge for at least 30 minutes until firm.

Note

Low Chemical / Failsafe, Dairy-free if using lard, Egg-free

Tips:

1. To cut in the butter (step 2), use two dinner knives to cut through the butter and flour until the butter is in small pieces. Place a wet tea towel under the bowl to hold it steady. Do the last part with your fingers, lifting the flour/butter up and dropping it back until you have the fine bread crumb texture.
2. Step 2 can be done in a food processor using a plastic or steel blade. Use the pulse setting and stop and check intermittently until the flour and butter is like fine bread crumbs.
3. Avoid letting too much warmth into the pastry - watch for the temperature in the room and the temperature of your hands. Minimise handling with your hands.

1 batch of pastry is 375 grams.

This pastry can be frozen, wrapped in plastic wrap, for longer storage.