

LEXXIE'S SENSATIONAL GLUTEN FREE FLAKY PASTRY

INGREDIENTS

Rice flour	¾ CUP
Millet	¼ CUP
Corn	¼ CUP
Tapioca	2 TBSP
Chia seeds	2.5 TBSP
Sugar	1 TBSP
Salt	½ TBSP
Butter	120g
Iced water	8 TBSP

METHOD

1. Mix ingredients together. Knead lightly, enough to form a ball (Note: it will come apart but you should still be able to form a ball - not too dry, not too wet - just right!).
2. Insert dough in a bowl and cover with a plate. Sit in the fridge one hour (or more).

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3. Remove dough from fridge. Sprinkle corn flour on kitchen bench and sit dough on it for 5-10 minutes.
4. With a rolling pin, bash dough flat, keep the crumbling sides somewhat together, and then roll flattened dough in to a long rectangle.
5. Bring the top third (A) onto the middle third (B), and the bottom third (C) onto the whole lot.
6. Turn one quarter (to the left, or to the right, it's up to you!)
7. Repeat 4.
8. Repeat 5.
9. Repeat 6.
10. Repeat 4, repeat 5, repeat 6.
11. Again, repeat 4, repeat 5, repeat 6.
12. And again, repeat 4, repeat 5, repeat 6.
13. No joke, do it again: repeat 4, repeat 5, repeat 6.
14. I am serious: repeat 4, repeat 5, repeat 6.
15. I did it 10 times in total... It's up to you. Do you want flaky pastry? Then commit to it! Repeat 4, repeat 5, repeat 6 until you've done that series 10 times, or, until there aren't any crumbling bits anywhere and the dough is now a homogenous thing-you-woudn't-believe-it's-gluten-free! :D
16. Butter your pie dish. Roll dough into a thin pastry, position it into your dish, trim the sides.
17. Egg wash the sides. (Egg wash = one egg yolk mixed with a bit of cold water, then brushed onto raw pastry)
18. Place your favourite weights onto dough to prevent it to puff up too much (ceramic beads, small river rocks, another pie dish, etc...)
19. Blind bake at fan force 170°C for 20 minutes.
20. Add your fillings. Bake again for 20 minutes.
21. Voilà!

