



Healthy Recipes for Healthy Living

Dr. Reina Persaud, ND

Pastry (Gluten Free)



1 1/2 cups Whole bean flour (try puree)
1/4 cup Cornstarch
1 tablespoon Cornmeal
1 teaspoon Gluten-Free Baking Powder
1/2 teaspoon Sea Salt
6 tablespoon Vegetable Shortening
1 Egg white
3/4 cup Cold water

Bean flour is a new product if not available to you, try white bean puree. Less fat is required with bean flour than whole wheat flour for pastry.

Stir together dry ingredients, then cut in shortening until mixture is crumbly using pastry blender or 2 knives. Try adding puree alternately with shortening. Whisk together egg white and a little less water if using bean puree. Stir into dry ingredients to make a soft dough. Divide dough in half. Roll dough out to 1/8" thickness on a cornstarch dusted surface, between layers of waxed paper or layers of plastic wrap. Press into pan, patching if necessary.

For pie shell or single crust: Trim edge leaving half-inch overhang to tuck under and flute edge. Line inside of pastry shell with piece of foil. Bake at 400° F for 15 minutes or until edges are golden brown, remove foil.

For double-crust pie: Trim edge, fill, roll top pastry. Tuck 1/2 inch overhang under edge of bottom crust, press firmly together. Flue edges. Cut steam vents. Bake as recipe directs for filling.

Makes 1 double-crust, 2 single pie shells or 24 medium tart shells.