



Gluten-free Pie Crust

(based on a recipe from <http://www.glutenfree-foodies.com/> – Charlene Wight)

Ingredients¹:

1 c. (100 g) certified gluten-free oat flour²
¾ c. (112.5 g) cornstarch
2 tsp. (10 mL) xanthan gum³
½ tsp. (5 mL) salt
2 tbsp. (30 mL) sugar
½ c. (113.5 g) shortening
1 egg
2 tsp. (10 mL) cider vinegar
1 tbsp. (15 mL) water

Directions:

1. Mix the dry ingredients.
2. Work in the shortening.
3. In a separate bowl, beat the egg and add the vinegar and water.
4. Work the wet ingredients into the pastry mix.

This recipe makes enough pastry for a single pie crust. You can roll out the pastry or press it into an empty pie plate. To bake an empty pie shell, preheat the oven to 375 F (190 C). Prick the bottom of the pie shell with a fork, or line it with parchment paper and fill it with dried beans (this keeps it from puffing up too much). Bake the shell for 15 – 20 min. To bake a filled pie shell, follow the directions in the recipe you are using for the filling.

¹ Metric measures may be slightly off.

² Certified GF oat flour is most often found in health food stores, or you can buy certified GF oat flakes and grind them in a food processor to make flour.

³ Xanthan gum is available in many health food stores.