

Pastry



Ingredients and Preparation

This recipe will produce approximately 300g of home made pastry which may be used in preference to puff pastry.

INGREDIENTS

- 200g Plain Flour
- 75g Butter, Margarine or Benecol
- 1/2 Teaspoon Salt
- 3 Teaspoons of Distilled Clear Malt Vinegar
- 3 – 4 Tablespoons of Water

SUGGESTED PANS AND DISHES

1 Medium Sized Mixing Bowl

1 Small Plate

30cm Cling Film

PREPARATION

Mix flour and salt in bowl.

Add cold butter, margarine or benecol to bowl in small quantities and rub by hand to create a uniform crumbly mass.

Add water and vinegar.

Mix briskly to create a soft dough, if necessary, adding a little more flour (Do not knead).

Flatten mixture and place on small plate.

Cover with cling film and place in refrigerator for a minimum of 30 minutes.