

# Gluten Free Quick Puff Pastry

## (quick & easy, vegan, FODMAP friendly, grain free)



Your 'handling' time: 15 minutes



Cook Time depends on your usage



Serving: pastry dough 695g

### Ingredients

275g Gluten Free Bread Mix

200g salted dairy or vegan butter\* (NATURLI 200g block recommended; other other vegan spread will need to be frozen for 3-4 days to make it solid)

20g or 1Tbs lemon juice or apple cider vinegar

150g chilled water



**Make ahead 'freeze & bake':** Pastry dough can made ahead, tightly wrapped in baking paper in fridge and put inside zip lock bags if freezing, up to 1 week in the fridge, or 1 month in the freezer.

**Please note:** frozen or chilled log needs to thaw, until it feels soft prior to rolling. If it is difficult to roll or crack too much to roll, it is too cold!

### Cooking Method

- Cut the butter/vegan butter into 2cm cubes and freeze for a couple of hours until firm. See \* in the ingredients list
- **Hand method:** place gluten free flour mix into a wide shallow bowl, add frozen butter cubes. Rub with your fingertips rub the butter or use a pastry cutter to cut the butter into the flour until the butter resemble small chunks the size of a popcorn. The butter must still be visible – you need to see bits of butter. Make a well in the centre and pour the cold water and lemon juice or apple cider vinegar, mix until it forms a ball. Mist with water if the mixture looks too dry.
- **Food processor method:** put flour into the bowl of your food processor and add the butter cubes – blitz the mixture a few times until the butter cubes are about the size of a popcorn. Add the cold water & lemon juice/ apple cider vinegar and blitz some more until dough just come together into a ball. Mist with water if the mixture looks too dry. Do not over-process, chunks of butter must still be visible.
- Dust your kitchen bench with gluten free flour of your choice, transfer your dough onto it and with floured fingertips gently shape dough into a ball, then shape into a rough rectangle
- Wrap dough with baking paper and chill in the fridge for half an hour in winter or 1hr in summer.
- Dust your kitchen bench with gluten free flour, place the dough in the middle and roll out to a rectangle measuring roughly 20 x 60cm using a floured rolling pin.
- Lift the dough off your kitchen bench often to make sure it does not stick onto your rolling surface.
- Once rolled, fold the pastry 10cm over itself into a total of six folds.
- Wrap your pastry generously with baking paper and you can roll in between two layers of baking paper to 0.5-0.6cm thin to line your tart tin/s or wrap the filling of (vegan) sausage or spinach & ricotta rolls.
- You don't need to blind bake unless your tart filling cannot be baked eg. Chocolate ganache.