

Gluten Free, Pie crust

Posted At : January 22, 2017 9:12 PM | Posted By : Jason

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One of the hard things about having to be gluten free is the deserts that you miss out on.

I like to bake pies, and have always liked to bake pies but I had to quit with the addition of gluten free in my family (not by choice).

With gluten free fours more readily available (and here is a recipe for **gluten free flour**), here is a way to make the pie crust that you may want to use to keep some "normaility" in your life.

Note that this will make 2 crusts. If you nly need 1 crust for a custard based pie then only use half the recipe.

Ingredients:

- 2 cups of **gluten free flour**
- 1/2 cup of butter (or some type of shortning)
- 1 egg (this helps bind the crust)
- 2/3 cups or so of ice cold water
- 1/4 tsp of **Xantham gum** (if your gluten free flour has it, then omit this)

Instructions:

1. Mix all the dry ingriedients together in a **mixing bowl**
2. Add in the butter with a **pastry cutter**, or you can use a food processor or a **ninja** (my favorite).
3. Add the egg and mix until it is well mixed in (should be crumbly).
4. Just like regular pie crusts, mix in a little bit of water at a time until it becomes moist (like a gluten based pie crust)
5. Cut the dough in half and lay 1 half the dough onto a sheet of **wax paper**, about the size of the pie plate that you are using.
6. Place another piece of **wax paper** on top and roll out the dough until it is the size that you need.
7. Remove the top piece of wax paper
8. Grease the pie plate or pie tin
9. Either place the pie plate upside down on the crust, or carefully take the crust and flip it upside down onto the pie plate.
10. Remove the 2nd piece of wax paper.
11. If you need to par-bake this it can be done at 400 degrees for about 20 minutes.