

Whole Grain Pastry Dough

This whole grain flour mixture makes a great pie dough. It is more tender and delicate and the flavour is wonderful.

Ingredients

1 cup frozen butter cut into squares
3 cups whole grain flour (1 part spelt, 1 part brown rice, 1 part barley)
1 teaspoon salt
2 tablespoons sugar
about 1/3 cup chilled water or cream

Directions

Sift flour into Slicer/shredder bowl. Add salt and sugar. Place thick grate blade on the Slicer/Shredder and grate frozen butter into dry ingredients. Remove grate blade and add mini dough hook and turn on Bosch on speed one and let mix for 10 to 15 sec until pea-sized bits are formed. Continue to pulse adding liquid in small amounts until dough starts to form a ball. Remove bowl and divide into 2 pieces and form into round flat balls. Place in frig and chill for at least 30 minutes. Roll out on flour and place in pie pan.

Yield: 1 pie or 2 shells