

Shortbread pastry base

Ingredients

170g (6ozs) **Pure** Gluten Free Blended Flour *

85g (3ozs) butter or margarine

60g (2oz) granulated sugar

1 egg

1tsp **Pure** Xanthan gum *

½ tsp **Pure** gf baking powder

* Item available from Innovative Solutions on prescription

Preparation method

1. Preheat oven to 180°C/ 350°F/gas 4
2. Cream the butter and sugar, then add the egg and mix well.
3. In a separate bowl combine all the dry ingredients and mix well before adding the creamed butter, sugar and egg. Blend until the mixture fully combines.
4. Dust fingers with g-f flour and press the mixture into the bottom of a buttered and floured pan or flan tin (ensure the pastry is a little thinner at the bend in the tin).
5. Add the filling of your choice and bake according to the recipe or for 50-60 minutes (for a 10" crust, double the recipe)



10-15 minutes

Preparation time

50-60 minutes

Cooking time

Serves 3-4

By: Innovative

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