

### Teff pastry

#### Ingredients

- 150g (5oz) **Pure** Teff flour (brown)
- 1 tbs caster sugar
- ¼ tsp salt
- 85g (3½oz) cold unsalted butter (or hard margarine)
- 85g (3½oz) cold cream cheese
- 2-3 tbs double cream to bind

#### Preparation method

1. Mix the dry ingredients together.
2. Quickly and lightly rub the butter and cream cheese into the flour until it resembles breadcrumbs.
3. Bind with cream and form the mixture into a ball. Put it into a plastic bag and refrigerate for 20 minutes.
4. Press the pastry dough into greased 23cm flan tin and then return to the fridge for a further 20 minutes.
5. Blind bake at gas 5/190°C/375°F for 15 minutes, then bake open for a further 5-10 minutes.
6. Allow to cool, then add desired filling.



**10-15 minutes (plus 20)**

Preparation time plus chilling

**20-25 minutes**

Cooking time

**Serves 10-12**

By: K Rouse

To bake blind simply place a sheet of greaseproof paper or foil over the pastry and weigh it down with ceramic baking beans. This prevents air bubbles from distorting the surface of the pastry and gives a nice flat base for your filling.

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