



Due to a health issue Sue has everything we cook is Gluten free. This is generally not a problem and we certainly don't miss out. But there are some things which can be a bit challenging. Sue has perfected her Gluten free Yorkshire pudding batter and they are better than ordinary Flour based ones, in our opinion. But Gluten free pastry recipes can be a bit hit and miss to say the least. This version looks light and crispy without the pallid appearance of the shop bought pre-rolled versions.

We'll let you know when we eat the pasties!

The filling was actually the remaining filling from the [Zambian Polenta Pie](#)

Ingredients:-

12oz Gluten free plain flour
3oz Lard
3oz Margarine
A pinch of Salt
1 tsp Xanthan Gum
1 beaten Egg
80ml of cold Water

Method:-

- (1) Rub the Fats into the Flour with the Salt and Xanthan Gum with the tips of your fingers until it resembles breadcrumbs.
- (2) Add the beaten Egg and water and combine.
- (3) The texture should be sticky but not wet.
- (4) As you knead the dough add a little extra Flour if required and knead until you have a smooth

texture.

(5) Wrap in film or foil and rest in the fridge for at least 30 minutes.

(6) Roll out as required with plenty of Flour.