



So the ?Ingredients Alphabet? gig gets a bit tricky with ?X? but we have a friend in the cupboard as anything with Gluten is well and truly off the menu here. Xanthan Gum has a cool ability of stop Gluten Free pasty falling apart, it works reasonably well in replacing the elastic properties of Gluten.

So Sue's Pastry recipe goes a bit like this:-

Ingredients:-

200g Plain Gluten free flour

110g Butter

1 tsp Xanthan Gum

1 Egg beaten with 1 tsp of Milk

Salt

Method:-

- (1) Mix all the ingredients as you would with normal pastry.
- (2) On a floured board roll your Pastry out.
- (3) Press Pastry into your pie tins to form a base and walls.
- (4) Add your filling.
- (5) Form a lid and stick down with Egg wash if required.
- (6) Pop it in the oven at 180c until the filling is piping hot and the Pastry has browned.

Pie, regardless of the filling, needs proper Chips and Beans?...