

# Pastry



## Ingredients and Preparation

This recipe will produce approximately 300g of home made pastry which may be used in preference to puff pastry.

### INGREDIENTS

200g Plain Flour  
75g Butter, Margarine or Benecol  
1/2 Teaspoon Salt  
3 Teaspoons of Distilled Clear Malt Vinegar  
3 – 4 Tablespoons of Water

## **SUGGESTED PANS AND DISHES**

1 Medium Sized Mixing Bowl

1 Small Plate

30cm Cling Film

## **PREPARATION**

Mix flour and salt in bowl.

Add cold butter, margarine or benecol to bowl in small quantities and rub by hand to create a uniform crumbly mass.

Add water and vinegar.

Mix briskly to create a soft dough, if necessary, adding a little more flour ( Do not knead ).

Flatten mixture and place on small plate.

Cover with cling film and place in refrigerator for a minimum of 30 minutes.