



# Easy Pastry Dough

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Serves: 8

Protein: 0.7 g per serving,

Methionine: 13 mg methionine per serving

Calories: 280 calories per serving

## Ingredients

¼ cup (34g) all purpose flour

1 ¼ cup (166g) Cambrooke Baking Mix ([Bought through Cambrooke Therapeutics](#))

¼ cup wheat starch plus extra for dusting (probably amounts to an additional ¼ c to ½ cup total)

½ tsp (1g) xanthan gum

½ tsp baking soda

1 ½ sticks of cold butter, cut into cubes

1/3 c ice cold water

¾ tsp apple cider vinegar

## Directions

1. In a food processor with a steel blade, combine the flour, baking mix, ¼ cup wheat starch, xanthan gum, and baking soda. Add the cubed butter and lightly coat with the dry ingredients. Pulse until the butter is in crumbles, about the size of peas.
2. Add the apple cider vinegar to the cold water. Add the water slowly to the butter mix while pulsing just until the dough comes together. Do not pulse too much. You don't want the butter creamed into the dough.
1. Cover a work area with wheat starch and plop the dough out onto it. Add a little more wheat starch on the dough and work briefly with your hands to knead the dough together.
2. With a rolling pin, roll out the dough to a rectangle, (starching and rotating the dough as needed to prevent sticking. Fold the dough in thirds and again in half. Wrap in wax paper then in plastic wrap or plastic Ziploc bag. Refrigerate for at least 30 minutes.
3. Remove dough from fridge and lay on a starched surface. Repeat step 4 at least two more times. That is how the beautiful layers are created. It is the process of rolling, folding, and refrigerating that helps layer the butter with the dough to create a nice pastry.
4. Your pastry is now ready to use. The possibilities are endless with this dough!