

Pastry made with Olive Oil



I explored using 2 different approaches to making this pastry. It makes a shortcrust style pastry without the mess of rubbing it in and seems more elastic than pastry made with butter. And my partner commented on how good it tasted, without prompting!

2 cups Self-Raising Flour (white or wholemeal)

2 cups plain flour (white or wholemeal)

½ - 1 teaspoon of salt (less if desired – I don't use salt much so just gave 3 twists of the rock salt grinder)

1 cup cold water

1 cup olive oil

1. Put the flours and salt in a large bowl.
2. Pour the water and olive oil into a screw top jar and shake well to partially emulsify (or you can whisk them together).
3. Pour the liquid into the flour and stir.

OR you can add the olive oil to the flour and stir and then add water to form a soft dough. Whole flour needed more liquid than regular flour.

4. Mix to form a dough that comes away from the sides of the bowl. (Do not knead).
5. Rest in the fridge for 30 minutes.
6. Roll out.

This makes enough for a small flan plus 12 mince pies. (Yes, I used it for the Christmas mince pies!) You can freeze any pastry that is left over.

Thanks to <http://www.foodandtravel.com.au/recipes/basic-olive-oil-pastry>