

- For sweet pastry, add 1 tablespoon of icing sugar (optional)
- For savoury pastry, add 1 tablespoon of finely grated parmesan / perocino cheese (optional)



Wholegrain Pastry

Sweet or savoury, this super easy pastry works for all kinds of deliciousness.

Pastry

- 170g Spelt Flour
- 70g Rosella Flour
- 10g Tapioca
- ½ teaspoon of salt
- 130g butter (I use salted)
- 85g crème fraîche (or natural yoghurt)
- 1 large, free range egg (lightly beaten)
- 1 - 2 tbsp water - ice cold

Tart fillings

Savoury

Roasted vegies mixed with some herbs and spices, fetta and a little grated hard cheese.

Sweet

Fresh fruit works well. Just sprinkle some almond meal on the base to absorb some of the juice. We don't usually add sugar to fruit fillings, just a little sprinkling of raw sugar on top before baking.

Tart toppings

Your choice - nuts / seeds / raw sugar

1. Sift the flour, tapioca and salt into a large bowl if you're mixing by hand, or into the bowl of a food processor if you have one.
2. Add any extra, dry ingredients you'd like at this stage and stir / pulse to blend.
3. Add the cubed butter to the flour blend and rub together / pulse in the food processor until the mixture looks like coarse breadcrumbs. Don't overdo it. There should still be some fairly large pieces of butter.
4. Crack an egg into a large cup and beat well with a fork. Add two-thirds of the beaten egg to the flour and butter blend. Keep the rest for later. Add creme fraiche and chilled water.
5. Bring everything together by hand / pulse a few times until the dough forms a ball.
6. Shape it into a disc. Wrap in baking paper and leave in the fridge for at least 15 minutes.
7. When you're ready to bake, preheat the oven to 180°C.
8. Dust your work surface with flour. Dust your rolling pin lightly (or your empty wine bottle if you don't have a rolling pin!).
9. Roll the dough out to your preferred thickness. Lift the dough, turn it over and lightly flour the work surface as you go.
10. To make a free form tart, place your rolled pastry on a baking tray lined with baking parchment, brush with some of the egg left over from making the pastry. Once it's dried a little, spread your chosen filling, keeping about 30mm clear of the edge. Fold over the edges, pressing lightly to seal. Brush with the last of your egg. If you're using a topping, sprinkle it over.
11. Bake until cooked through - usually around 45 minutes, depending on your filling choice.

