

Barley Pie Crust

Whole grain barley flour brings a nutty flavor to savory and sweet pies. The crust has a natural, golden colour.

Recipe make 4 – 9 inch pie crusts

Ingredients:

3 cups freshly milled whole grain barley

1 cup all purpose flour

½ cup sugar (optional)

1 cup cold butter

¾ cup cold water

Directions:

In a food processor combine flour, sugar (if using) and butter. If your food processor is small you may need to make the recipe in two batches. Process until the mixture resembles coarse crumbs.

Add water slowly (you may not need all of it). Mix until mixture holds together. Let rest for 5 – 10 minutes. Add a little water if necessary, otherwise shape into 4 balls. Pastry freezes well.