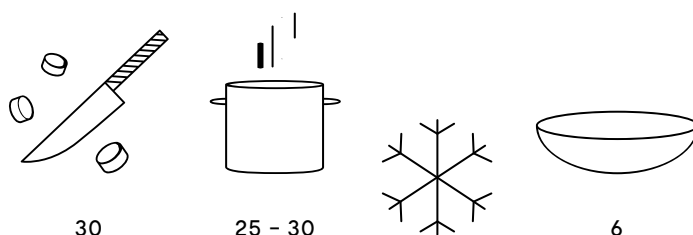




Red Berry Shortcrust Pastry Pie - GLUTEN FREE

This Red Berry Pie is a family favorite, bursting with succulent berries. Delicious served with a dollop of ice cream.



Ingredients

For the pastry:

250g The Groovy Food Company Organic Coconut Flour

125g butter, cut into cubes

3 tbsp cold water

For the filling:

300g strawberries

300g raspberries

100g The Groovy Food Company Organic Coconut Sugar

3 tbsp water

Directions

For the pastry:

1. Place the flour in a mixing bowl. Cut the butter into cubes and add to the flour.
2. Using your fingers rub in the butter. Try to use just your fingertips and use a light rubbing movement to break up the butter into smaller pieces and mix into the flour. Lift your hand up from the bowl. This will help to incorporate air into the pastry to give it a light texture.
3. Continue rubbing in until the mixture resembles fine breadcrumbs.
4. Add most of the water and start to bring the mixture together with your hands.
5. Use a gentle squeezing motion to bring the pastry together, adding the remaining water if the mixture seems too dry. Take care not to over work the pastry as it will become tough.
6. Cover your pastry and allow to rest for at least 15 minutes before rolling out and using as required.

For the filling:

1. Add strawberries, raspberries, The Groovy Food Company Organic Coconut Sugar and 3 tbsp of water to a pan.
2. Bring the pan to a low heat, simmer until the fruit filling has softened.
3. Add the filling to the base of the pie.

To finish:

1. Cover your pie with the pastry, rolling it over the filling to create the pie lid. Decorate accordingly and add 3 small holes to allow steam to exit.
2. Bake on 180/Gas mark 4 for around 25-30 minutes or until the crust is golden brown.
3. Allow to cool and serve and enjoy!