

Gluten Free Pie Dough - Recipe by Kate McDermott

This was my favorite Gluten-Free Pie Dough when GF All Purpose Flour Mixes were not available. My new favorite GF Pie Dough will be in my new book *Pie Camp: The Skills You Need to Make Any Pie You Want*.

Course: Pastry

Cuisine: American, Gluten Free Author: Kate McDermott-*Art of the Pie*®

Ingredients

2.5 cups Gluten Free Flour Mix #2

1/2 teaspoon salt

1 tablespoon sugar

8 tablespoons Kerrygold Irish butter cut into tablespoon size pieces

8 tablespoons leaf lard

2 fork beaten eggs

1 tablespoon apple cider vinegar Bragg's or another artisan apple cider vinegar

1/4 cup ice water + a few tablespoons more if needed

Instructions

- Put flour, salt, sugar, butter, and lard in the work bowl of a food processor and pulse to break up the pieces of fat incompletely.
- Add the eggs, vinegar and 1/4 cup ice water and pulse again until it starts to look like cheese curds. If it needs more water, add it now and pulse again until the dough just starts to come together without forming a complete ball. The dough will feel kind of squishy...sort of like a well-known "Dough Boy"!
- Remove from work bowl, place on a sheet of plastic wrap, and with another sheet of plastic wrap between you and the dough, divide the ball of dough in half to form two chubby disks roughly the size of hockey pucks.
- Wrap each disk separately in plastic and place them in the fridge to chill the fats back up.
- When chilled, unwrap one disk out and place on a large sheet of plastic wrap that has been dusted with sweet white rice flour. Sprinkle another teaspoon of sweet white rice flour on the top of the dough and cover it with another sheet of plastic wrap.
- Begin to roll with a light touch until the dough is about 9-10 inches in diameter and 1/4 inch thick.

- With plastic on BOTH sides, the dough over the rolling pin and carefully peel off the outer layer closest to you. There will be one layer touching the pin (see photo).
- Carefully place the dough in the middle of the pie pan.
- With your hands on the cut edge of the sheet of plastic, lift the plastic and help to carry the folded top half of the dough to meet the open edge of the pie pan keeping the plastic on.
- With the plastic still on, use your hands to smooth out and piece and places that need adjustment. With the plastic STILL on, place the pie pan with dough into the fridge for a few minutes if the dough and fats have started to warm up.
- When cool, and with the plastic wrap STILL on the dough, pinch off the extra dough around the edge.
- Carefully peel the plastic off.
- Fill pie pan with already prepared filling.
- Roll out top crust, place on top of filling. With plastic still in place, use your fingers to adjust any spots that need it, pinch off extra dough, make edge and then carefully remove plastic wrap.
- OR Dust the edges with a bit of sweet rice flour and crimp edges with a fork.
- Cut some vents.
- Chill if needed.
- Just before baking, "paint" the pie with some egg whitewash (1 egg white + 1-2 tablespoons water fork beaten) and sprinkle with sugar.
- Bake as usual.

Notes from author Kate McDermott

This recipe will make one double-crust pie or two single-crust pies for 9" pie pans. Leaf lard is available at some butcher shops, farmers markets and also by mail-order. *If you prefer an all-butter crust, use about 14 Tablespoons of Kerrygold or other salted or unsalted butter for your total fat. It will take about 5-7 minutes to put the dough together. Chill time for 20 minutes but 1-2 hours is fine, and I've also chilled this dough overnight and rolled out with good results. Roll with a very light touch, between layers of plastic wrap. In fact, try not to touch the dough directly, but always with a layer of plastic between you and your dough.

Be Happy and Make Pie!

<https://artofthepie.com/recipes/>