

Loprofin Basic Pastry

Ingredients

200g Loprofin Mix

50g hard margarine

50g lard

½ teaspoon baking powder

Cold water to mix



Method

1. Place the Loprofin mix and baking powder in a large bowl, cut the margarine and lard into small pieces and rub into the mix until the texture resembles coarse breadcrumbs.
2. Stir in sufficient water to give a firm, manageable dough.
3. Transfer the dough to a sheet of greaseproof paper and lightly knead the dough for 30 seconds, until smooth.
4. Roll out the dough on the greaseproof paper
5. The dough is now ready to use as required.

This recipe was provided by Nutricia Metabolics