

Shortcrust Pastry

Ingredients

120g plain flour

Pinch of salt

3 tablespoons MCT Oil

2 tablespoons water (very cold)

Method

1. Preheat the oven to 400°F/ 200°C/ Gas Mark 6.
2. Sift the flour and salt together.
3. Whisk oil and water together.
4. Make a well in the centre of the flour and add the liquid, stirring with a fork until a dough is formed.
5. Roll out between greaseproof paper and use as required in any recipe calling for pastry.
6. When baking an empty pastry case, bake for 10-15 minutes.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics

National Centre for Inherited Metabolic Disorders