



Instructions:

## *Pie crust*

Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique



**YIELD : 4 OR 6 SHELLS**

- 23 cm (9-inch) deep glass dishes: 4 shells
- 23 cm (9-inch) shallow aluminum pie dishes: 6 shells

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## ORGANIC INGREDIENTS

- 1 pack [Pie Crust Mix](#)
- 165 ml (2/3 cup) solid fat\*  
or 125 ml (1/2 cup) light olive oil
- 1 large egg
- 265 ml (1 cup and 1 tbsp.) cold water
- 5 ml (1 tsp.) apple cider vinegar

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## PREPARATION

1. Empty content of Pie Crust Mix into a large bowl.
2. **Solid fat\* method:** cut finely into dry mix (by hand or with a pastry cutter) until uniformly blended. Separately, beat liquid ingredients together: egg, water, and apple cider vinegar.  
**Olive oil method:** beat oil, egg, water, and cider vinegar together.
3. Make a hole the centre of the mixture and pour liquid ingredients into the hole.
4. Stir with a fork until all liquids are incorporated and form a ball of dough.
5. Place dough ball on wax paper. Do no worry! It is normal for it to be sticky.
6. Wrap dough with wax paper and place in a plastic bag.
7. Refrigerate for a minimum of 3 hours before rolling. Result will be optimal after refrigerating for 12 hours.

## TIP

\*solid fat: solid coconut oil, clarified butter or butter depending on your taste and/or diet.

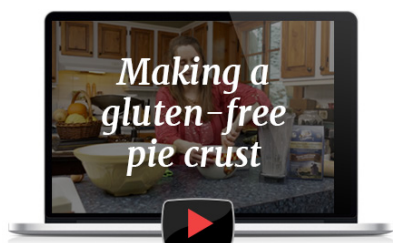
See the product sheet of this mix to see its [nutritional values and ingredients](#).

Pie shells may be prepared ahead of time and frozen. They may be stacked by separating them with wax paper to prevent sticking.

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Tutorial video:

[Making a gluten-free pie crust.](#)



## HOW TO ROLL GLUTEN-FREE PIE DOUGH

1. Divide the pie dough prepared with the [Cuisine L'Angélique Pie Crust Mix](#) into 4 or 6 equal parts, depending on the type of dish used.
  2. Sprinkle each ball of dough with [Cuisine L'Angélique's La Merveilleuse All-Purpose Flour](#) to prevent sticking.
  3. Using a rolling pin, **gently** roll each ball over a lightly floured surface. **Do not flip.**
  4. If necessary, move the sheets of dough by carefully lifting, then sprinkle the surface and rolling pin with flour.
  5. Fold sheets of dough in 4, gently place on baking dish, unfold, and mould gently.
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## BAKING

1. Bake at 180 °C (350 °F) on the bottom rack until golden brown. Avoid overcooking.
  2. The edges of the crust may be protected by aluminum foil to prevent overcooking
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