

Sourdough Pie Crust



25 min bake time



5-6 hours total
1 hr 10 min active



2 - 9" pie crusts

INGREDIENTS

- 300 g wheat berries, soft white wheat, Spelt or Einkhorn could work well
- 90 g coconut butter (Artisan brand)
- 90 g stiff sourdough starter
- 55-65 g ice cold water
- 2 g sea salt (optional)



SWAPS

Almond Butter Option

Replace coconut butter with:

- 70 g almond butter
- increase ice cold water to 70-80 g

Sunflower or Peanut Butter Option

Replace coconut butter with:

- 70 g Sun-Butter or Peanut Butter
- increase ice cold water to 75-85 g

DIRECTIONS

1. **Prep the Starter** - feed your starter 1 cup of grains milled fine and ½ cup water, and let double in size for best results.
2. **Cold Fat Technique** - cut the coconut butter into cubes and put in the fridge or freezer for 15 minutes.
3. **Combine Dry Ingredients** - Mill the grain into fine flour and whisk the fresh milled flour and the salt.
4. **Incorporate Fat** - Using a pastry cutter, two forks, your fingers, or a mixer's paddle on low speed combine the coconut butter with the flour mix until some pea sized pieces of the coconut butter are still visible.
5. **Add Starter** - Mix the ice water and starter together, and slowly add into the mixture 1 tsp at a time until it just comes together as a non-sticky dough ball. Mix as little as possible.
6. **Chill the dough** - divide the dough into two balls, flatten each into a disc, and wrap tightly in plastic wrap. Refrigerate for 30 minutes.
7. **Roll the dough** - on a well floured board, roll each disc to ¼ inch thick. Transfer to a pie plate, gently crimping or fluting the edges after trimming excess dough.
8. **Blind Bake** - for pies with a wet filling, pre-bake the crust. Line the crust with parchment paper, fill with dry beans and bake at 375 F for 15 minutes. Remove the weights, then bake another 5-7 minutes until light golden brown. For pies that don't require pre-baking, follow your pie's directions for baking.
9. **Cool the Crust** - let the crust cool before adding filling, unless making a no-bake tart.