



# Ancient Multi-grain Flaky Pie Crust

This pie crust uses my favorite three ancient grains in combination - spelt, barley and rye.

## Ingredients

- 225 g butter (2 american sticks, 1 european)
- 65 g wheat berries, Spelt
- 30 g water, cold (30-40 grams ICE cold water)
- 1 g sea salt (a pinch)
- 3 g sugar, granulated (1 tsp)

## Directions

1. Mill the flour and cool it off in the fridge or freezer.
2. Add ingredients to a mixing bowl (cold is great, but not necessary) or food processor.
3. Use a mixer paddle or pastry cutter if making by hand to mix the flour and fat together until it is PEA or hazelnut sized. If using a food processor, pulse until the fat is pea sized.
4. Add 30 grams of ICE COLD water to the dough as you pulse or mix the dough.
5. Slowly add 1 tsp at a time of COLD water, if needed, until the mixture comes together as you mix with the paddle, pastry cutter, or food processor.
6. Let the dough rest, chilled, 45 minutes to an hour.
7. Roll out on between parchment, and bake as your pie directions state. You can also prepare and freeze these for quick pie wins later.

## Notes