



Barley Pie Crust

If you enjoy the nutty flavor of barley, this can make an incredible pie crust. Let's say almost a shortbread crust.

Ingredients

- 225 g butter (2 american sticks, 1 european)
- 200 g groats, barley
- 25 g water, cold (25-35 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. Slowly add 1 tbsp at a time of COLD water (ice water would be best) until the mixture comes together as you mix with the paddle, pastry cutter, or food processor. You won't need much! 1-3 tbsp.
5. Chill 30 - 60 minutes before rolling out between parchment paper.
6. You can also prepare and freeze these for quick pie wins later.

Notes

Barley absorbs more water than soft wheat, and it benefits from chilling the dough more than soft wheat.