



Spelt Pie Crust

For a different flavor variety, give spelt a try!

Ingredients

- 225 g butter (2 american sticks, 1 european)
- 200 g wheat berries, Spelt
- 15 g water, cold (15-30 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. Roll out on a floured surface, and bake as your pie directions state. You can also prepare and freeze these for quick pie wins later.

Notes

Spelt absorbs a little more water than soft wheat, so you may need an extra tablespoon of ice water in this recipe than the soft wheat variety.