



Old-Fashioned Sweet Shortcrust Pastry

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



785 kcal

CRUST

Ingredients

- ☐ 1 cup butter cold cut into small cubes
- ☐ 2 large eggs organic free-range beaten
- ☐ 3.5 cups flour for dusting organic all-purpose
- ☐ 1 cup icing sugar sifted
- ☐ 1 lemon zest
- ☐ 6 servings splash milk

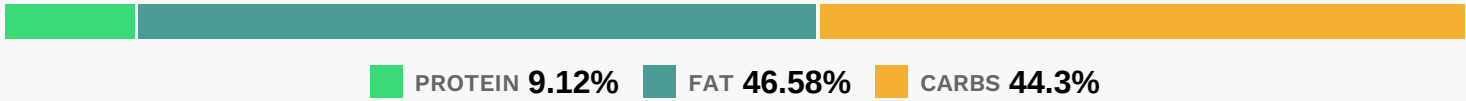
Equipment

- ☐ plastic wrap

Directions

- ☐
- Sift the flour from a height onto a clean work surface and sift the icing sugar over the top. Using your hands, work the cubes of butter into the flour and sugar by rubbing your thumbs against your fingers until you end up with a fine, crumbly mixture. This is the point where you can spike the mixture with interesting flavors, so mix in your lemon zest.
- ☐
- Add the eggs and milk to the mixture and gently work it together until you have a ball of dough. Flour it lightly. Don't work the pastry too much at this stage or it will become elastic and chewy, not crumbly and short. Flour your work surface and place the dough on top. Pat it into a flat round, flour it lightly, wrap it in plastic wrap and put it into the refrigerator to rest for at least half an hour.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:44.6, Inflammation Score:-8, Nutrition Score:21.051739319511%

Nutrients (% of daily need)

Calories: 785.18kcal (39.26%), Fat: 40.79g (62.76%), Saturated Fat: 24.62g (153.87%), Carbohydrates: 87.3g (29.1%), Net Carbohydrates: 85.23g (30.99%), Sugar: 31.62g (35.13%), Cholesterol: 172.62mg (57.54%), Sodium: 361.57mg (15.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.97g (35.94%), Selenium: 34.98µg (49.97%), Vitamin B1: 0.72mg (47.88%), Vitamin B2: 0.79mg (46.5%), Phosphorus: 367.39mg (36.74%), Folate: 142.54µg (35.63%), Calcium: 331.01mg (33.1%), Vitamin A: 1431.24IU (28.62%), Manganese: 0.51mg (25.63%), Vitamin B12: 1.53µg (25.5%), Vitamin B3: 4.59mg (22.97%), Iron: 3.7mg (20.57%), Vitamin D: 3.02µg (20.12%), Vitamin B5: 1.53mg (15.3%), Potassium: 478.1mg (13.66%), Magnesium: 48.23mg (12.06%), Zinc: 1.76mg (11.76%), Vitamin B6: 0.21mg (10.61%), Fiber: 2.07g (8.3%), Vitamin E: 1.22mg (8.14%), Copper: 0.12mg (6.09%), Vitamin K: 3.65µg (3.48%), Vitamin C: 1.29mg (1.56%)