

Sourdough Pie Crust

Pie crust, flaky, rich, and delicious, gets a nutritional boost through the wonder of the sourdough fermentation process. This pie crust will turn your favorite dessert into something your friends and family will rave about.



Ingredients:

- 2 cups flour
- 1 teaspoon sea salt
- 1 tablespoon sugar
- 1-1/2 cups cold fat, cut into 1/2-inch dice (all butter, or half butter, half lard/tallow)
- Approximately 1 cup fresh sourdough starter

Instructions:

1. Combine the flour, salt, and sugar in the Bosch bowl equipped with the batter whips or French whips. Cut in the fat by jogging the Bosch for 10 to 12 times until the dough will eventually look like it has "peas" in it.
2. Gradually pour the starter in, a little bit at a time, jogging each time until it just comes together. Depending on the humidity and the water content of your fat this may be less or more than 1 cup.
3. Once dough barely comes together gather it up in the bowl into a cohesive mass and cover it with plastic wrap or a plate. Leave it in a warm place for at least 7 hours to culture.
4. After the seven hours is up, or when you are ready to use your pie crust, transfer it to a freezer or refrigerator. This is crucial, as having cold fat in the dough will aid in creating a flaky pie crust.
5. Once the crust is very cold you can remove it, roll it out, and bake it into a pie with your favorite fillings.

6.

Makes a top and bottom crust.