

Pastry for Sweet and Savoury Tarts

This pastry is from [French Taste: Elegant Everyday Eating](#). You can make a savoury version or sweet, depending on the filling you plan to put in it or on it. Made with Bob's 1-to-1 Gluten-Free Flour, it tastes and feels like a regular crust.

Makes: 2 disks

2-1/4 cups/300 g flour or 1-to-1 gluten-free flour

½ teaspoon salt

2 tablespoons sugar (for sweet tart crusts only)

1 cup/225 g cold butter, cut into pieces

1/3 cup/75 ml cold water

1 teaspoon vanilla (for sweet tart crusts only)

Put the flour, salt, and sugar (if using) into a large bowl. Add the butter pieces, and pinch to a fine crumbly texture with the fingers. Make a well in the centre, pour in the water and vanilla (if using), then quickly mix with the fingers, without overworking, to combine. Pour onto a clean surface and gather into a ball. Cut in half, press each half into a disk, wrap, and refrigerate for an hour. (If you're using only one, you can freeze the other for future use.)

To blind bake, which you won't always be doing, but will if you're going to be making the blueberry tart that follows, remove the pastry from the fridge and let sit until soft enough to roll, about 15 minutes. Roll out, either on a lightly floured surface or between two pieces of plastic wrap. Line a tart shell with the pastry, then put the shell back in the fridge to firm, again about 15 minutes. Heat the oven to 375°F/190°C.

Remove the tart shell from the fridge, line it with parchment, then fill with dried beans right to the top. Bake for 15 minutes. Remove the parchment and beans, saving the beans in a jar for future blind-baking, and return the tart shell to the oven to finish baking, 10 to 15 minutes longer. Remove from the oven, and set on a rack to cool before filling.