



Oil Pie Crust

Recipe Gluten-free, dairy-free (casein-free),
hypotoxic and vegan

By: Cuisine l'Angélique



[* SEE VIDEO](#)

YIELD : 4 9-inch (23 cm) crusts
PREPARATION: 15 MINUTES

INGREDIENTS

- 560 g (4 cups) all-purpose flour "[La Merveilleuse](#)"
- 35 g (1/4 cup) flaxseed
- 1 ml (1/4 teaspoon) salt
- 200 g (1 cup) olive oil
- 320 g (1 1/3 cups) cold water
- 1 medium egg (45g) (you can omit the egg for the vegan version)

PREPARATION

1. Finely grind the flaxseed in a coffee grinder. In a large bowl, combine flour, ground flax and salt.
2. In another bowl, beat together the oil, water and egg. You can use a fork, a whisk or a stand mixer. What matters most in making a successful oil pie dough, is that the water and oil are very well emulsified.
3. Make a well in the centre of the flour, pour in the liquid mixture and mix well with a wooden spoon.
4. Cover the dough and refrigerate for a minimum of three to four hours (ideally overnight).



TIP

Instructions for rolling dough

1. Divide the dough and flour the balls before flattening them, so that they are not sticky.
2. **Gently** roll out each ball on a floured surface on one side only, **without turning the dough over**.
3. If you need to move it, do so gently, lifting it gently and flouring the surface and rolling pin again. Always make sure the dough doesn't stick.
4. Fold the dough in half, gently place it on the pie plate and then unfold it.
5. Bake at 350°F on the bottom rack, until golden.

YOU CAN FREEZE UNCOOKED CRUSTS BY SEPARATING THEM WITH WAX PAPER.

NUTRITION FACTS

Per portion: 130 Calories
1/6 de croûte

Fat: 7 g	11 %
Saturated 1 g	
Trans 0 g	6 %
Polyunsaturated: 1,5 g	
Omega-6: 0,7 g	
Omega-3: 0,5 g	
Monounsaturated: 5 g	
Cholesterol: 5 mg	
Sodium: 20 mg	1 %
Carbohydrate: 14 g	5 %
Fibres: 1 g	4 %
Sugars: 0 g	
Protéines: 1 g	
Vitamin A	2 %
Vitamin C	2 %
Calcium	2 %

Iron	4 %
Magnesium	6 %
Manganese	20 %
Phosphorus	6 %