

## **TARTARY BUCKWHEAT CRUMBLE PIE CRUST – for a Sweet Pie or a Savory Quiche**

Spin 2 1/2 cups Tartary buckwheat flour in a food processor to lighten it. Add 1/2 cup sugar for sweet pie (optional), or 2 tsp salt and 1/4 cup of your favorite fresh herbs, or 1 tablespoon of dried herb for a quiche crust. (Dill is great! ) Blend well.

To this mixture add 2 sticks (one cup) cold cold butter cut into 1 inch chunks.

Process/pulse until bits of butter are the size of peas. Add 1/2 cup water and now carefully pulse just enough to mix (about 10-12 pulses).

Place half of crumbly mixture into each of two pie plates. Quickly use your floured fingers to shape the pie crust around the plate, and then place in your freezer. Repeat with the second pie plate.

While the pie crusts are happily chilling in the freezer, you have time to create the filling. Preheat your oven to 400°F and precook the crusts for 15 minutes. Remove and add your filling. Return to the oven and cook at 350°F until filling is hot and bubbly