



Laura's Recipe Corner

Great Recipes from Laura McKay!

Matzo

Recipe courtesy of The Allergen-Free Baker's Handbook by Cybele Pascal, page 171
Modifications in red by Laura McKay, B.S., Health Educator

Makes 2 8-inch Matzos

Traditional matzo recipes are made from water and one of the five grains permitted for Passover. These are barley, rye, oats, spelt and wheat. This creates a problem for the gluten-free Jew. But help is on the horizon. This matzo is not made from grain at all; it's made from potato starch and flaxseed meal, and I did adhere to the Passover rule that the matzo be made in eighteen minutes or less.

Ingredients:

¾ cup potato starch
¼ cup golden flaxseed meal
¼ teaspoon kosher salt
2 tablespoons dairy-free, soy-free vegetable shortening
(can use 2 tablespoons ghee/clarified butter instead)
¼ cup water



Directions:

1. Preheat oven to 400 degrees F.
2. Combine the potato starch, flaxseed meal, and salt in a bowl. Add the shortening (or ghee) and use a wooden spoon to combine. Add the water, 1 tablespoon at a time. Your dough should be the consistency of Play-Doh. If it's too sticky, add a little more potato starch.
3. Lay out a sheet of parchment paper on your work surface. Transfer the dough and use your hands to combine into a ball. Divide in half, setting half aside. Mold into a ball, cover with another sheet of parchment paper, and roll out into a circle 8 inches in diameter. Peel off the top sheet of parchment paper, and then replace it. Flip the dough, still between the two sheets of parchment paper, and peel off the other sheet of parchment paper. Discard it. Using a fork, prick the matzo about 12 times. Transfer the matzo, still on the parchment paper, to a baking sheet. Trim the excess parchment paper. Repeat with the other half of the dough. You should be able to fit both on the same baking sheet.
4. Bake for 15 minutes, until lightly golden. Transfer to cooling rack to let cool completely. It will be come crisp once it's cooled.

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