

Ingredients needed for: \_\_\_\_/\_\_\_\_/\_\_\_\_ Name:

## QUICHE (HOMEMADE SHORTCRUST PASTRY)

### Ingredients

#### **Shortcrust pastry:**

- 150g / 6oz plain flour (or use ½ wholemeal)
- 75g / 3oz butter (or use ½ lard and ½ butter)
- 2tbsp cold water

#### **Filling:**

- 2 eggs
- 125 ml / ¼ pint milk or single cream
- 50g / 2oz grated cheese
- 1 onion, chopped and cooked
- pinch herbs (optional),
- salt and pepper

#### **Optional flavouring ideas:**

- Bacon or ham - 1 or 2 rashers bacon, chopped and cooked or ham
- Pepper and mushroom - small piece red or green pepper, chopped, + 50g / 2oz mushrooms, sliced
- Roasted vegetables – peppers, courgette, aubergine, roasted in olive oil
- Tuna and sweetcorn - 2 tablespoons sweetcorn, + ½ tin tuna, flaked
- Salmon and broccoli - 1 fillet salmon, cooked, 75g steamed broccoli

### Equipment

18cm flan dish or tin  
(from home)  
Mixing bowl  
Butter knife  
Greaseproof paper  
Baking beans  
Knife  
Chopping board  
No slip mat  
Grater  
Jug  
Fork

### Method

1. Heat oven Gas 5 / 190 °C
2. Make shortcrust pastry - rub fat into flour, or place in a food processor, until like breadcrumbs.
3. Add cold water, and mix to a firm dough using a knife.
4. Roll out and line flan dish or ring, neaten edges. Line with greaseproof paper and bake blind for 10 mins, remove paper and bake 5 mins more.
5. Prepare filling: beat eggs and milk or cream together, add seasoning. Chop and cook onion, bacon and other veg as necessary.
6. Check pastry for any cracks. Seal these if necessary using a little egg and milk mix to fill them in, and bake until set.
7. Put cooked meat and veg into pastry case. Sprinkle with cheese. Pour egg and milk mixture over.
8. Bake quiche for approx. 15 – 20 mins until set in the middle and golden on top.

