

Quiche

Lesson 1

Ingredients for Shortcrust Pastry Base:

200g Plain Flour
50g Block Butter
50g Lard / Trex
40ml Cold Water (approximately)
Pinch of Salt



Please bring an 18 - 20cm round dish, a piece of tin foil to cover your dish with.

Lesson 2

Ingredients for Filling:

250ml Semi Skimmed Milk
100g Cheese, Grated
2 Eggs



Ingredients of Your Choice: Ham, Bacon, Onion, Pepper, Mushrooms, Tomatoes
Pinch of Salt and Black Pepper

Lesson 1

Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Weigh all the ingredients accurately.
3. Cut the block butter and lard / trex into small pieces.
4. Sieve flour into a mixing bowl. Add the salt, butter and lard / trex in the mixing bowl and shake.
5. Rub fat into the flour with your fingertips until it resembles breadcrumbs.
6. Measure the cold water on the weighing scales.
7. Make a well in the middle of the breadcrumbs and add the water a little at a time, mixing with a round-bladed knife until it forms a dough.
8. Roll out the pastry, on a lightly floured surface, make sure the thickness is even (0.5cm thick) and the pastry is large enough to line the dish.
9. Line the dish with the pastry, ensure the pastry is pushed into the corners of the dish and trim the edges.
10. **Blind bake** (line the pastry case with greaseproof paper and baking beans) for approximately 10 to 15 minutes on the top shelf of the oven until fully cooked. Once cooked remove the pastry case from the oven and leave to cool.



Lesson 2

Method:

1. Finely chop any ingredients to go in your quiche. You may want to cook some of your ingredients before adding it to the pastry case.
2. Crack one egg into a small bowl. Transfer it to a measuring jug. Crack the second egg into a small bowl, then transfer it to a measuring jug. Add in the milk. Beat the mixture. Season with salt and pepper.
3. Lay your filling ingredients onto the base of the pastry case. Save the cheese for sprinkling on the top.
4. Pour the milk and egg mixture over the filling ingredients.
5. Sprinkle with the cheese.
6. Place the quiche tin on a baking tray and place in the oven and cook for 20 to 25 minutes until golden brown and until the egg has coagulated (set).

