

Quiche

Ingredients

Shortcrust Pastry

200g Plain Flour
50g Lard
50g Margarine
Pinch of Salt

Filling

125ml Milk
2 Eggs
Pinch of Salt and Pepper
50g Bacon
50g Cheese (grated)
50g Mushrooms (optional)
1 Tomato (optional)
A sprig of Parsley (optional garnish)

Equipment

All equipment is provided by school

*** REMEMBER TO BRING A 18CM (7") FLAN TIN FROM HOME ***

Bring a container with lid to put our food in

★ Aim Higher

Try adding some different flavoured fillings - mushroom, tomato, fried onion
Increase the fibre and make pastry with 50g wholemeal flour and 50g plain flour.

Oven temperature: Gas mark 5 or 190°C or 170°C

Method

1. Light the oven. Grease a flan tin 18cm (7") or flan ring 18cm (7") and place onto a baking sheet.
2. Make the shortcrust pastry :- Sieve the salt and flour into a bowl. Rub the fat into the flour mixture until the mixture resembles breadcrumbs, and add enough cold water to mix into a dough ball and leave to rest.
3. Roll out the pastry and line the flan tin /ring.
4. Cut the rind off the bacon and cut into small pieces. Fry for a few minutes in a small frying pan. Wash and chop the mushrooms and add to the pan for a further couple of minutes. Grate the cheese.
5. Put the bacon, cheese and mushrooms into the flan. Beat the eggs and milk and add just a pinch of salt and pepper to season. Pour into the flan.
6. Slice the tomato and carefully place on top of the flan.
7. Bake for 30-40 minutes until golden brown and firm to the touch.