

Quiche

Ingredients

100g plain flour (Chilled overnight)
50g butter or block margarine
2 – 3 tbsp cold water
2 tomatoes (or other veg)
Handful of basil leaves
2 eggs
125ml milk
50g cheese
Salt and pepper

Equipment

Weighing scales, sieve, mixing bowl, sandwich tin or tray or 18 cm pie dish, table knife, measuring spoons, measuring jug, rolling pin, flour dredger, small bowl, chopping board, knife, fork, grater.

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment. Watch the Youtube clip for making pastry and lining a pie dish before you start.

Method

1. Preheat the oven to 180°C or gas mark 4.

2. Make up the shortcrust pastry:

- sift the flour into the bowl;

Check with an adult before using the cooker.



Flour is best if it has been chilled overnight before you start rubbing in

- rub the butter or margarine into the flour, using your fingertips, until it resembles breadcrumbs;

- add the cold water and start to mix together with a table knife;

Cut butter into small cubes before you start rubbing in



- bring together to form a firm, smooth dough.

3. Roll out the pastry, on a lightly floured surface.



Squeeze the dough together gently. Do not knead or over handle it. Covering and chilling the dough for 30 mins here will help with rolling it out.

4. Line the flan ring or sandwich tin.

Ease the
pastry into the
corners of the
dish without
stretching it



5. Trim the edges of the pastry using the palette knife.



6. Prick the bottom of the pastry with a fork.



7. Slice the tomatoes.



8. Slice the cheese.



9. Whisk the eggs and milk together. Tear in the basil into the mixture, then add a few twists of black pepper.



10. Pour the egg mixture into the pastry shell



11. Arrange the tomato slices and cheese, over the top.



12. Bake for 30 minutes, until golden and firm.



**Now do a big clean up
of work top and sink!**

