



Quiche – shortcrust pastry (6-8 portions)

SKILLS: Roasting/ Baking/ Blind baking/ rubbing in method for shortcrust pastry/ lining a flan dish/ vegetable preparation/ knife skills

INGREDIENTS

Pastry:

150g plain flour (chilled)
75g butter or block
margarine
3 tbsp cold water

Equipment from home:

Apron, tea towel, 20-25 cm
oven proof flan dish

Filling:

3 easy cook veg.. eg pepper,
courgette, onion
1 clove garlic
150ml milk
2 eggs
50g bacon (lean trimmed)
100g cheese (edam or lower
fat)

NUTRITION

*Quiches can have a wide variety of filling that includes fish, other meat and a wide variety of vegetables such as broccoli and sweetcorn. Using wholemeal flour increases fibre
Leave out the bacon for vegetarian
Use soya milk and cheese for vegan*

Variations: Try different vegetables, different cheeses eg stilton, oily fish such as salmon could be used

METHOD

1. Pre-heat the oven to 190°C / gas mark 5.
2. Wash and dice vegetables. Mix with 1 tbsp oil and crushed garlic and black pepper.
3. Roast vegetables on a baking tray for 20 minutes, until turning brown and tender (caramelising).
4. **Make pastry:** Sieve the flour into a bowl and add the fat. Cut the fat into small cubes using a knife and rub lightly into flour using fingertips, until the mixture resembles breadcrumbs.
5. Make a well in the middle of the mixture and stir in enough water using a knife, until a soft but not sticky pastry is formed.
6. Wrap the pastry and rest (chill) the pastry until needed.
7. Roll out into a circle to fit a greased flan dish. Ease into the corners.
8. Part “blind” bake the pastry for 10 minutes: (line the pastry case with baking paper, cover with baking beans or rice, bake for 10 mins.)
9. Cut the bacon into small pieces with scissors. Grate the cheese.
10. Put the bacon, cheese and roasted vegetables into the pastry case.
11. Beat the eggs and milk and seasoning. Pour into the flan.
12. Bake for 20-30 minutes until the egg is set.

Safety Rules

Photo
