

Quiche

Learn how to make shortcrust pastry, line a pie dish and revise how to use the oven safely too. Any type of flour will work with this recipe but plain flour that has been chilled in the fridge is the best. You can use any vegetables or herbs in this recipe and add some meat or fish if you'd like to too.



Ingredients

100g plain flour (Chill in the fridge overnight)

50g butter or block margarine (Take out of the fridge 10mins before hand so that it's not too hard)

2 – 3 tbsp cold water

2 tomatoes (Or other veg)

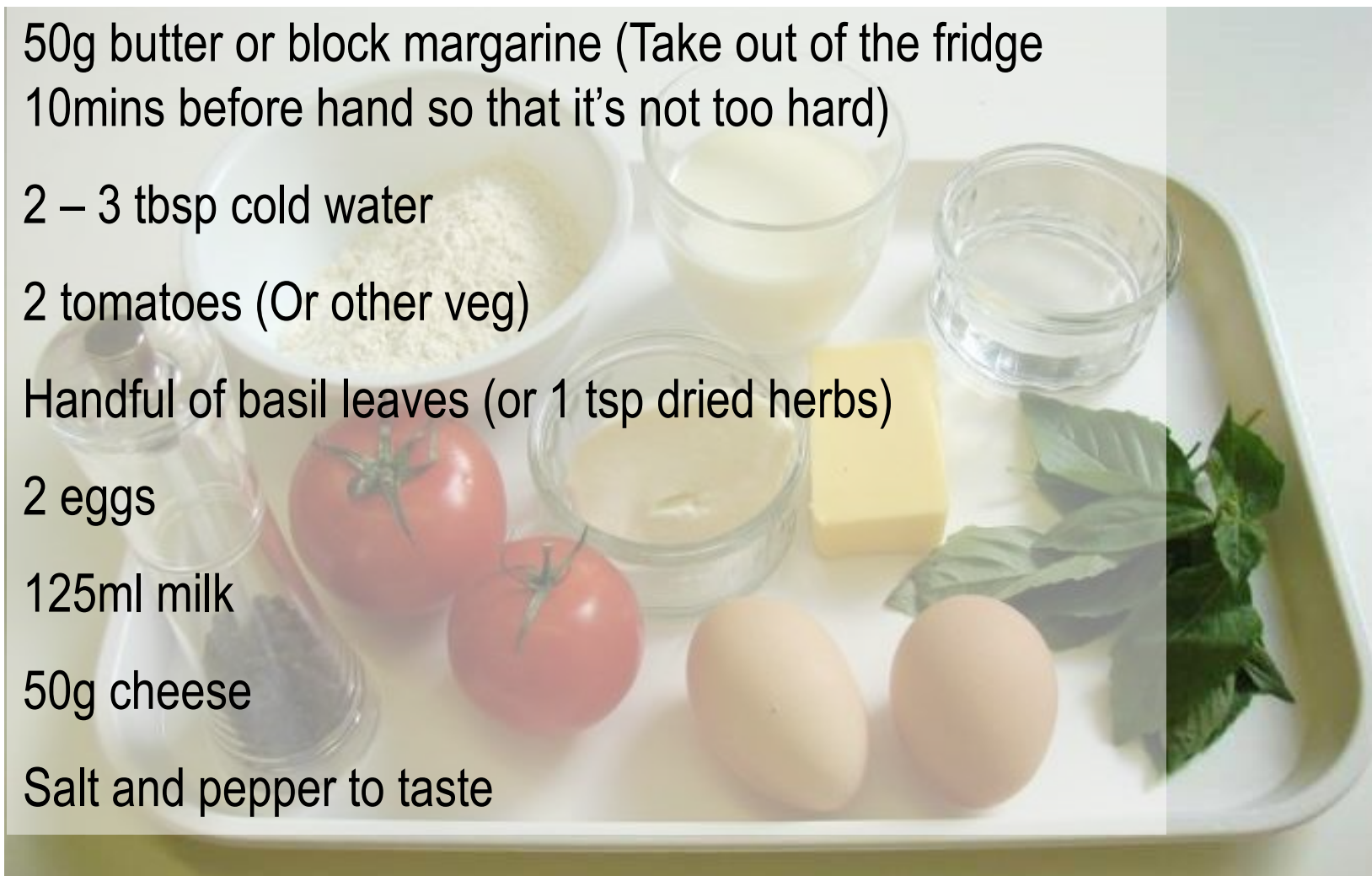
Handful of basil leaves (or 1 tsp dried herbs)

2 eggs

125ml milk

50g cheese

Salt and pepper to taste



g scales

Small bowl

Chopping board

bowl

Knife

ch tin or tray 18cm flan ring or and

Fork

tray

Grater

knife

ing spoons

ing jug

pin

Small bowl

Chopping board

Knife

Fork

Grater



100

Method

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



2. Make up the shortcrust pastry:

- sift the flour into the bowl;



- cut the butter into small cubes and rub it into the flour, using your fingertips, until it looks like breadcrumbs;



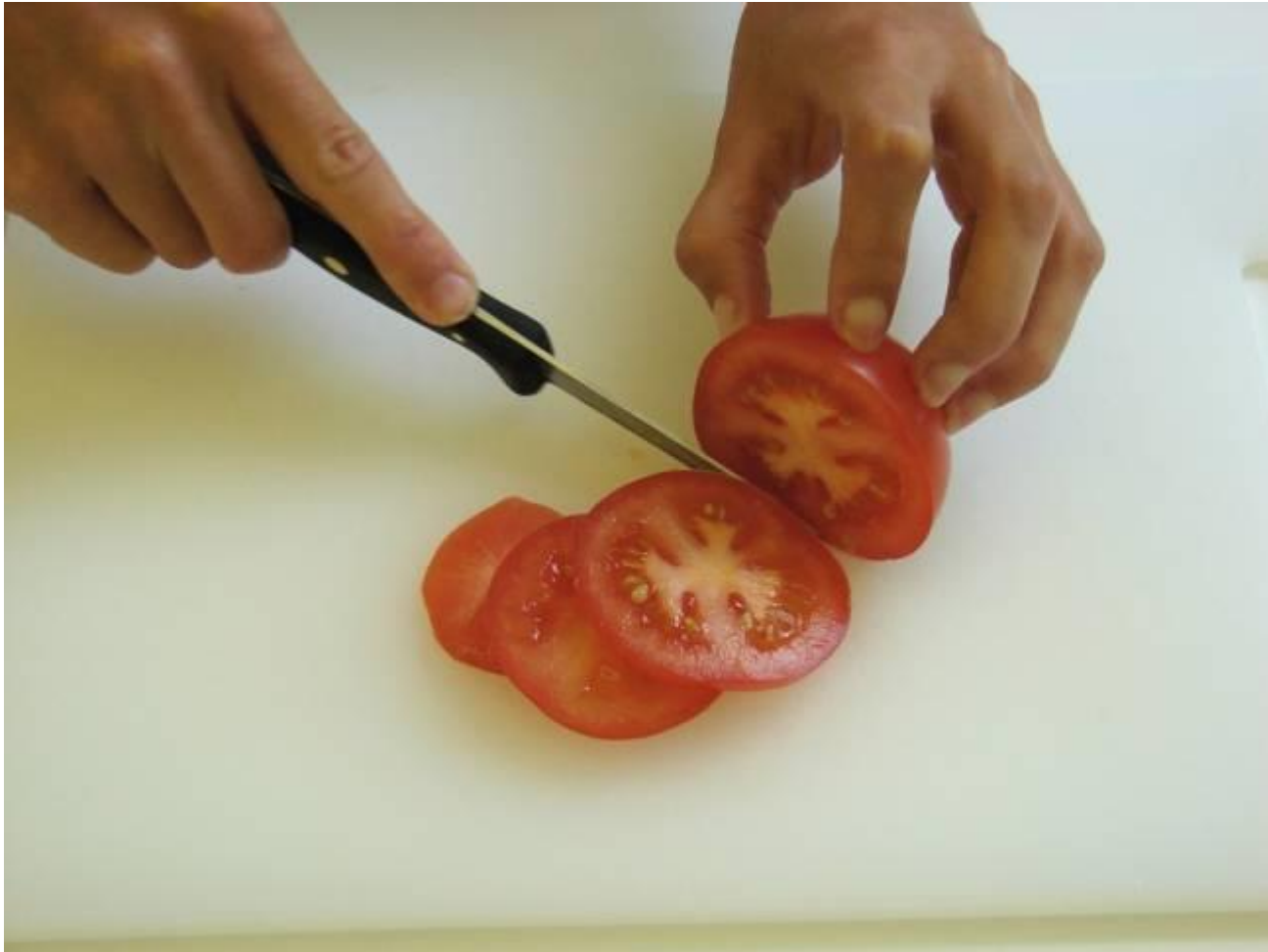
- add the cold water and start to mix together with a knife or metal spoon;



- mix to form a firm, smooth dough. Cover the bowl and chill pastry in the fridge until you need it.



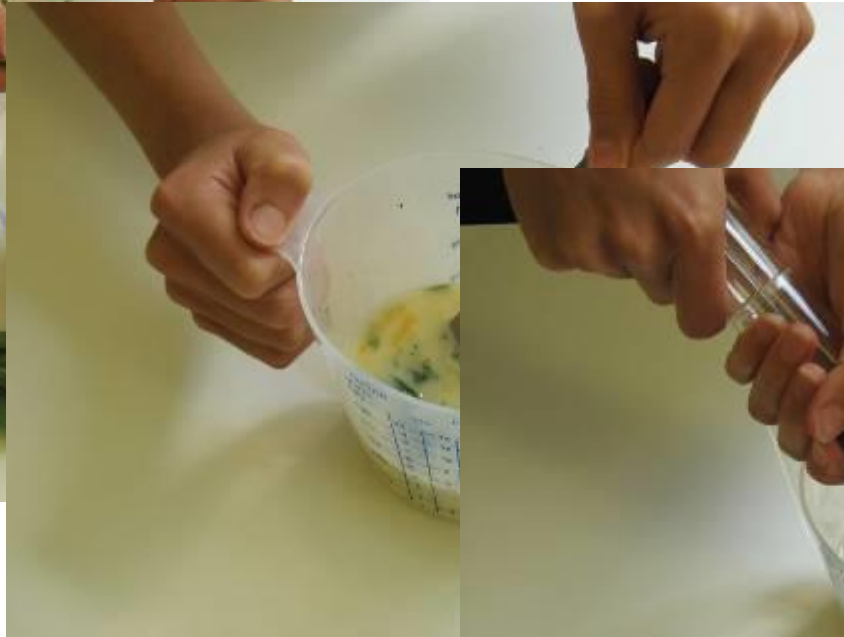
7. Slice the tomatoes.



8. Slice the cheese.



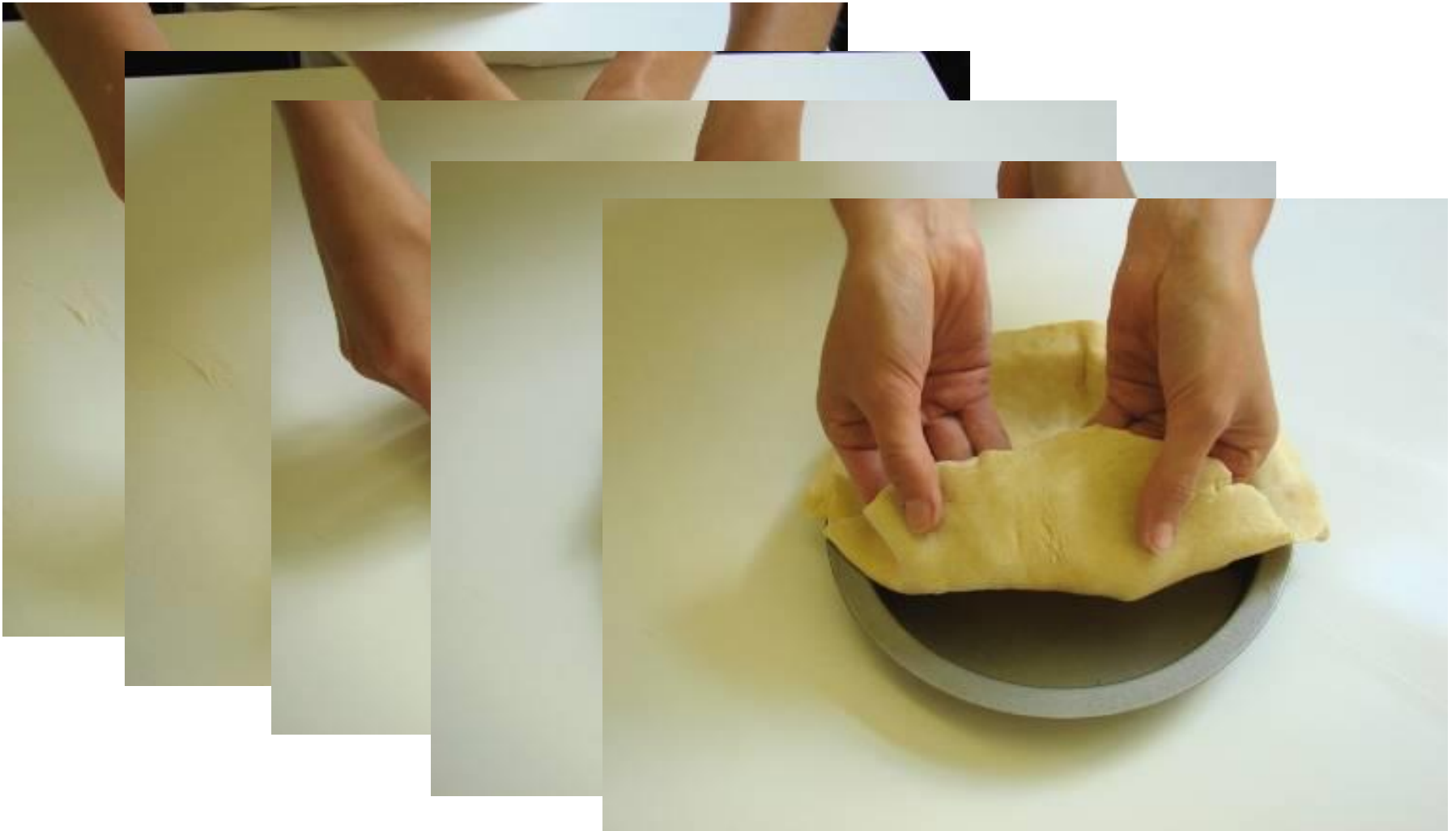
9. Whisk the eggs and milk together. Tear in the basil into the mixture, then add a few twists of black pepper.



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



4. Rollout the pastry on a floured work top. Line the pie dish or sandwich cake tin.



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



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



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.





Top tips

Add canned tuna or smoked salmon bits and chopped cooked asparagus for a fancy dinner.

Use goats cheese and add sliced red pepper for a change.