

Quiche

Ingredients - Pastry

150g plain flour
75g margarine or a mix of marg and white flora
6-10 tsps cold water

Ingredients - Filling

150ml milk
2 eggs
75g cheddar
Mixed herbs (optional)

Optional fillings (chose up to 3)

50g ham/cooked bacon, 50g chopped pineapple, 50g chopped peppers, 50g sliced mushrooms, 50g flaked tuna, 1 sliced tomato, 50g smoked salmon trimmings, 50g peas/sweetcorn

Notes

- **Don't forget to bring your apron.**
- **Use wholemeal flour, skimmed milk and low fat cheese for a healthier version.**
- **Please bring 20cm or 8" flan dish or sandwich tin and foil to cover**
- **Use low fat cheese for a healthier version.**
- **Ensure any bacon is cooked at home.**
- **Check allergies of consumer before serving.**

Method

1. Preheat oven to 190C
2. Sieve flour into a bowl, add the fat and cut up with a knife.
3. Rub the fat into the flour with the fingertips until the mixture resembles fine breadcrumbs.
4. Sprinkle about 2 tbsps of cold water over the breadcrumb mixture and draw together with a palette knife. Add more water if required. The dough must form by using the palette knife only.
5. Draw the dough together with one hand and place on a lightly floured table.
6. Knead very gently to remove cracks and roll out using short sharp strokes. Do not turn the dough over but keep turning the dough around to prevent it from sticking to the table. (Add a little more flour if required.)
7. Flip the dough over the rolling pin, unroll over the flan dish and trim with a rolling pin.
8. Using a fork, prick holes in the pastry case and bake in the oven for 10 mins
9. Allow case to cool
10. Light oven 190C.
11. Place the optional filling ingredients into the bottom of the pastry case
12. Measure milk into a plastic jug.
13. Break the eggs into the milk and beat well, add cheese and pour into the flan case.
14. Bake for 15-20mins until golden brown and centre wobbles.

