

Recipe for Quiche

200g Shortcrust pastry, homemade or bought

Ingredients for the Quiche

1 Small Onion
Dash of oil for frying
2 Eggs
50-100g Grated cheese
Salt Pepper and Mustard
125ml Milk
1 Tomato

Process for Quiche

- Turn on oven to 200°C

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- Pre-heat oven to 200°C
- Lightly grease the flan tin
- Roll out pastry and line the tin
- Blind bake with cutlery of prick and put in oven for 10 minutes
- Chop the onion and bacon finely
- Fry these in margarine, drain and then put into the pastry case
- Beat the eggs, stir in the milk into a bowl
- Add seasonings and most of the cheese
- Pour the mixture over the bacon and onion
- Sprinkle the top with the remaining cheese
- Bake in the oven for approx 30 – 40 minutes until golden brown and the flan is set
- Cool on a wire rack
- Can be eaten cold or reheated at home

You will need a flan dish/ for the Quiche to be baked in and a container to take it home in.