

Quiche – basic ingredients for a 29cm quiche tin

Serves 6/8

For the pastry base

Shop bought shortcrust pastry works well but try making your own

200gms good quality plain flour

100gms salted butter (chilled)

Pinch of salt

Pinch of cayenne pepper (optional)

Approx 60gms cheese (optional). Gruyere & Parmesan work well.

Cut the chilled butter into cubes and add to the flour and mix/blend in with your fingertips until the mixture resembles fine breadcrumbs. Add the salt and pepper / cheese (if using). Mix (using a blunt knife) with some cold water (approx. 8tbs) but add gradually rather than in one go. When a dough forms, knead into a flat circle and cover in cling film. Put in the fridge to chill for around 20 mins or half an hour.

Put the oven on to 180 degrees C.

Filling

Beat together 2 large eggs and add 300mls double cream. Add salt and pepper. Put to one side whilst you roll out your pastry – I like mine quite thin but be careful not to roll too thinly otherwise cracks or holes may appear when you cook. Put into a loose bottom quiche tin. Once the pastry is in the tin pop back into the fridge to rest for another half an hour. Cover with greaseproof paper and baking beans and put into the oven for about 15 mins. Remove the beans and cook for a further 5 mins until the base is lightly browned and crisp.

Now you can choose your favourite ingredients to fill the base of the quiche. You can judge this by eye as much or as little cheese as you want and any flavour – parmesan, cheddar and gruyere are all delicious. Add some sun-blushed tomatoes and some basil and then pour over the egg/cream mixture. Cook in the oven for approx. 20 / 25 mins until nicely browned on top.

For best results leave for about half an hour then tuck in. Can also be eaten chilled and will last for around 3 days in the fridge.

Other fillings to try:

Mediterranean Vegetables

Fry some red onion, peppers and courgettes in a little olive oil, add some oregano, sage and thyme – cover your base and sprinkle over some olives. Add egg mixture.

Butternut Squash, Bacon & Goat's Cheese

Roast some cubes of butternut squash along with chopped sage until tender. Fry some bacon until crispy. Put them in your base and then add chunks of soft, rindless goats cheese. Add your egg mixture and top with a couple of crisp fried large sage leaves.

Mixed Peppers and Chorizo

Fry some cubes of chorizo and add to the base of your quiche. In the same pan fry together some red, yellow and orange peppers and add those on top. Cover with egg mixture.