

# Cheese & Onion Quiche

## Shortcrust pastry ingredients:



- 125g butter (about half a block)
- 275g plain flour (or 45 tablespoons)
- 5 tablespoons of cold water

## Filling ingredients:



- 6 eggs
- bag of cheese
- 3 onions



## Making the pastry:

1. Fill your washing up bowl with warm soapy water – it's a little messy making pastry!
2. Preheat your oven to 175 degrees / gas mark 3.
3. Weigh out 175g or 45 level table spoons of flour into a clean bowl.
4. Chop the butter into little cubes and add to the flour.
5. Rub the flour and butter together until you get a fine breadcrumb consistency.
6. Put some cold water in a cup and add 5 tablespoons of the water into the bowl.
7. Now mix to turn your flour and butter mixture into a dough, add more water 1 tbs at a time if needed. If it's too sticky then add more flour.
8. Roll into a ball and cut the ball in half and pop both pieces into the fridge to chill.
9. Wash your hands and let's prepare the fillings!



## Quiche filling:

You can add whatever filling you like into your cheese & onion quiches! You could try tomatoes and bacon or tuna to make yummy Quiches. They also make them more filling and nutritious! Be sure to cook any raw ingredients like bacon or chicken.

10. Chop up your onions, you need to cook these a first with a little butter in a frying pan or in a plastic bowl in the microwave. If you like them slightly caramelised, a splash of vinegar helps when frying in a pan.

## Pastry cases:

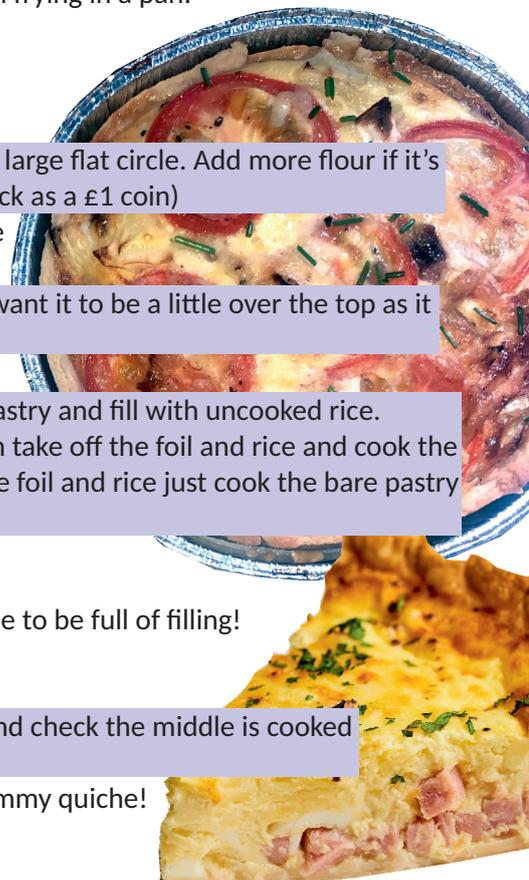
11. Dust some flour on a nice clean bit of worktop.
12. Take one piece of dough out of the fridge at a time.
13. Shape the dough into a ball and use a rolling pin, bottle/ can to roll it out into a large flat circle. Add more flour if it's too sticky and make sure you flip it over when you're rolling it out (about as thick as a £1 coin)
14. Make sure its much bigger than the pastry case, and when ready cover the case in your pastry and push it down into the bottom being careful not to tear it.
15. Take a knife and cut the extra bits hanging over the case – but remember, you want it to be a little over the top as it will shrink as it cooks.
16. Repeat step 15 so you have covered all your cases or trays.
17. If you have some tin foil/ baking sheet and rice, put a layer of foil onto of the pastry and fill with uncooked rice. Then pop the cases on an oven tray and into the oven to cook for 12 mins, then take off the foil and rice and cook the pastry case on its own for 4 mins to finish cooking the bottom. If you don't have foil and rice just cook the bare pastry in its case for 15 mins.

## Filling your quiche:

18. Carefully add your fillings with layers of cheese and onion: you want your quiche to be full of filling!
19. Whisk the 6 eggs together with a splash of milk and some salt and pepper.
20. Gently pour the egg mix into your pastry cases until it is just below the top.
21. Pop your filled quiches into the oven and cook for 20 minutes, take them out and check the middle is cooked completely, if it's not pop back in for a few more minutes.
22. Take them out of the oven and let them cool for 5 minutes. You just made a yummy quiche!

## Tips:

- Use whatever fillings you like, get creative with the foods you enjoy eating! The more fillings the better.
- Using foil and rice from step 17 helps stop the case shrinking and helps the pastry cook evenly. You can use the same rice over and over again in your cooking! I just store mine in a plastic tub.
- Once cooked wrap individual portions in cling film you can freeze the Quiches for up to 2-3 months or in the fridge for up to 3-4 days.
- To make a meal, quiche goes great with a salad, or even some chips and baked beans. **Remember to take a picture!**





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**#LCscookingkit**

