

Bacon and Onion Quiche



Ingredients list

For the pastry:

- 3000g plain flour
- 150g cold butter

For the filling:

125g smoked streaky bacon (if you would prefer not to use bacon bring in 1 medium onion to make a cheese and onion quiche)

75g grated Gruyere cheese

2 large eggs plus 1 large yolk

275ml double cream

Salt and black pepper

7"x 1 ½ " cake tin with a loose base or similar ceramic/ glass dish

Equipment list

- Plastic bowl
- Metal plate for bits
- Cutlery knife, tablespoon
- Rolling pin
- baking tray
- Scissors (for bacon)
- Sharp knife (if needed for onion)

To make the pastry:

Remember: chilled bowl, cold butter, cold water.

1. Preheat oven to 180°C gas mark 5.
2. Put flour into a glass bowl, add chopped up butter and rub in using your fingertips until it resembles bread crumbs.
3. Add just enough very cold water to combine the ingredients. Wrap your pastry dough in clingfilm and chill for 5 mins
4. Roll out the pastry lightly and away from you, keep turning the pastry (not your rolling pin) until it is about 0.5cm thick.
5. Line your tin with pastry.
6. Prick bottom of your pastry case with a fork.

Now blind bake the pastry case:

- Put the pastry case and tart tin on a baking tray
- Line with pastry case with baking parchment and fill with baking beans (or rice).
- Bake blind in preheated oven (180°C gas mark 5) for 10 minutes then carefully take out of the oven and remove the paper and beans. Return to the oven for a further 10 minutes until the surface of the pastry is dry.
- Remove from the oven.



Making the filling:

- Chop the bacon and dry fry it in a small frying pan until cooked.
- In a large jug or bowl whisk together the eggs and egg yolk, cream and seasoning.
- Add the bacon to the pastry case and most of the grated cheese (keeping some back to go on top)
- pour the egg mixture all over the bacon and cheese and sprinkle the rest of the cheese on top
- Carefully put the quiche back into the oven with the baking tray and bake for 35 minutes or until the surface is golden brown and the filling has set. Which you can test with your little finger, if its not set it will still feel liquid.

Method – For the filling

9. Break the eggs into a large bowl and whisk with a fork.
6. Add the rest of the filling ingredients and whisk again until well combined.
7. Pour into a jug, then pour into the cooked pastry case. – don't over fill.
8. Bake in the oven for 10-15 minutes until just set but with a slight wobble in the centre.