

Coronation quiche recipe

1 x 20cm flan tin

Pastry

125g plain flour

Pinch of salt

25g cold butter, diced

25g lard

2 tablespoons milk

Or 1 x 250g block of readymade shortcrust pastry

Filling

125ml milk

175ml double cream

2 medium eggs

1 tablespoon chopped fresh tarragon

Salt and pepper

100g grated cheddar cheese

180g cooked spinach, lightly chopped

60g cooked broad beans or soya beans

Method

1. To make the pastry: sieve the flour and salt into a bowl; add the fats and rub the mixture together using your finger tips until you get a sandy, breadcrumb-like texture. Add the milk a little at a time and bring the ingredients together into a dough.

Cover and allow to rest in the fridge for 30-45 minutes.

2. Lightly flour the work surface and roll out the pastry to a circle a little larger than the top of the tin and approximately 5mm thick.
3. Line the tin with the pastry, taking care not to have any holes or the mixture could leak. Cover and rest for a further 30 minutes in the fridge.
4. Preheat the oven to 190C.
5. Line the pastry case with greaseproof paper, add baking beans and bake blind for 15 minutes, before removing the greaseproof paper and baking beans.
6. Reduce the oven temperature to 160C.
7. Beat together the milk, cream, eggs, herbs and seasoning.
8. Scatter half of the grated cheese in the blind-baked base, top with the chopped spinach and beans and herbs, then pour over the liquid mixture.
9. If required gently give the mixture a delicate stir to ensure the filling is evenly dispersed but be careful not to damage the pastry case.
10. Sprinkle over the remaining cheese. Place into the oven and bake for 20-25 minutes until set and lightly golden.

Quiche Lorraine Serves 8 – 10

400g Shortcrust Pastry

1 egg wash (made with 1 egg yolk and 1 tbsp. milk)

1 tsp. olive oil

6 bacon rashers, diced

1 onion, diced

1 garlic clove, chopped

1 tsp. rosemary, chopped - optional

3 large eggs

250ml cream

50ml milk

110g mature cheddar, grated

Salt & pepper

Method

Preheat the oven to 160°C/325F/Gas Mark 3.

Line a quiche baking tin with the shortcrust pastry and set it aside in the fridge for 10 minutes.

Then, line with some parchment paper over the pastry base and add blind baking ceramic beans or dry rice to weigh over the pastry while blind-baking.

Place in the oven for 20-25 minutes then remove from the oven and remove the parchment paper and ceramic beans. Brush with an egg wash and place in the oven for a further 5-8 minutes to ensure the pastry is fully sealed.

In the meantime, in a large sauté pan, over medium heat, drizzle olive oil and add the bacon pieces, chopped onion and garlic. Season with salt and pepper and add a sprinkle of rosemary. Cook for 3-4 minutes or until well coloured. Remove from the heat.

Once the base is blind-baked and sealed with the egg wash. Sprinkle half of the cheese on the base of the pastry. Then, scatter the bacon and onion mixture.

In a separate bowl, beat the eggs, milk and cream together with some salt and pepper.

Pour the egg custard over the bacon and onion filling. Sprinkle the rest of the cheese.

Carefully transfer into the preheated oven and bake for 25-30 minutes until the egg custard is set.

Savoury pepperoni Quiche Serves 6 – 8

300g puff pastry

1 tbsp olive oil

2 carrots, diced

1 onion, diced

1 clove garlic, chopped

25 g spinach leaves

100g pepperoni, sliced or other such as chorizo, Parma ham ...

4 eggs

150ml milk

150ml cream

110g grated mature cheddar cheese

Salt and pepper

Method

Preheat the oven to 180C/350F/Gas Mark 4

Roll out the pastry and line a 9-inch quiche dish or shell. Place in the fridge for 15 minutes to settle. Fill the base with parchment paper and blind baking beans and blind bake the shell for 15-18 minutes or until the pastry is lightly browned.

Remove the ceramic beans after 12-15 minutes to ensure the base of the pastry is also baked well. Drop the temperature of the oven to 160°C.

Meanwhile prepare the filling. In a sauté pan, over medium heat, Fry the onions, carrots, and garlic for 3-5 minutes until just softened. check the seasoning.

Remove from the heat and spread the vegetables over the cooked (blind baked) pastry base. Sprinkle the spinach leaves and the pepperoni slices.

Next, Mix the eggs and milk and cream together and add some seasoning.

Carefully, pour the mixture over the vegetables and sprinkle with cheese.

Place in the oven and bake for 30-35 minutes. Remove from the oven and serve hot or cold with a side salad leaves.