

Quiche Lorraine

Ingredients

- 1 sheet of ready rolled shortcrust pastry
- 1 small onion
- 100ml of milk
- 100ml of single cream
- 3 eggs
- 50g of cheddar cheese
- 2 rashers of back bacon
- Flour, for dusting
- 1 tablespoon of oil
- Freshly ground black pepper
- Foil quiche tray

Equipment

- Rolling pin & table fork
- Box grater
- Chopping board
- Pair of kitchen scissors
- Sharp knife
- Frying pan & heatproof stirrer or tongs
- Measuring jug
- Mixing spoon
- Baking beans
- Lined baking tray

Method

- Pre-heat the oven to 220c / gas mark 7
- Roll the pastry out on a clean, flour dusted, work surface until it is slightly larger than the foil tray
- Line the foil tray with the pastry and prick the base all over using a table fork
- Line the base with the parchment paper that the pastry sheet came in and cover with baking beans
- Bake on a lined baking tray for 20 minutes

Meanwhile:

- Finely chop the onion
- Using scissors, cut the bacon
- Heat the oil in a frying pan and gently fry the onion until it is soft but not coloured
- Add the bacon and fry until cooked through then set aside (off the heat)
- Grate the cheese
- In a jug, mix together the milk, the cream, 2 whole eggs, 1 egg yolk and the cheese
- Add the onion and bacon and season the mixture with freshly ground black pepper

Then, after the 20 minutes:

- Reduce the oven temperature to 200c / gas mark 6
- Removed the parchment paper and baking beans, then gently pour the filling into the flan case
- Bake on the lined baking tray and return to the oven for 30 minutes (until the filling is set)

Note that before cooking you should always:

- Tie back long hair
- Put on an apron
- Wash your hands
- Have all your ingredients to hand
- Get out ALL the equipment you'll require



Note: If reheating at home, remove from the foil tray and bake on a pre-heated baking tray, to brown the pastry