

Quiche Lorraine

(please replace bacon with spinach and courgettes for veggie version)



Ingredients

For the filling:

- 175g (6oz) unsmoked streaky bacon rashers, rinds removed, cut into strips
- 1 onion, peeled and chopped
- 125g (4½ oz) Gruyère or Cheddar cheese, grated
- 2 large eggs
- 250ml (9fl oz) single cream
- Salt and freshly ground black pepper
- **For the pastry:**
- 175g (6oz) plain flour, plus extra for dusting
- 85g (3oz) hard block margarine or chilled butter, cut into cubes

Instructions

1. First make the pastry: tip the flour into a large mixing bowl. Add the margarine or butter and rub in gently with fingertips until the mixture resembles fine breadcrumbs. Add 3 tablespoons cold water until the pastry comes together in a ball.
2. Roll out the dough on a lightly floured surface and use it to line a 20cm (8in) loose-bottomed flan tin. Ideally, use a fluted tin.
3. Chill in the fridge for 30 minutes. Meanwhile, preheat the oven to 220°C. Prick the pastry case all over with a fork, to prevent air bubbles forming during baking. Line the base and sides with baking parchment and weigh it down with baking beans or dried pulses on top on some baking paper (be careful you will need a grown up to help you). Place on a baking sheet and bake for 10 minutes. Remove the beans and paper and bake the empty case for a further 10 minutes, or until the base is lightly browned. Trim the overhanging pastry.
4. Reduce the oven temperature to 180°C. Crisp the bacon in a sauté pan over a medium heat for 10 minutes. Transfer to the cooled pastry case with a slotted spoon. Leave the juices in the pan.
5. Place the onion in the pan and cook over a medium heat for 8 minutes or until golden. Add to the quiche Lorraine and top with the cheese.
6. In a bowl, combine the eggs, cream, salt and pepper, then pour into the quiche. Bake for 25-30 minutes until golden and just set. Be careful not to overcook the quiche, or the filling will become tough and full of holes.