



Homemade Quiche recipes from Greensmiths

This recipe will make a 10" round tart to feed 8 people.

Makes 1 large loaf

- Ingredients for the pastry:
- 110gms Salted Butter
- 220gms Plain Flour
- 1 Egg
- 1 tbsp Cold Water (15ml)
- Actual recipe cost £1.37 Shopping basket cost with pre-packed quantities £2.79
- (OR save some time and use a packet of readymade all butter shortcrust from Dorset Pastry - 325gms /£3.68 or vegetable fat base JusRol - 500gms/£1.90. The Dorset Pastry will be just enough for a 10" tin.)
- Ingredients for the custard:
- 4 eggs
- 350ml double cream
- 115ml milk
- Salt to taste
- Recipe cost £2.98 Shopping basket £4.25
- Meat filling for the PEA, HAM and FETA QUICHE
- 125gms Feta Cheese
- 125gms Glazed Ham (ask for a thick slice at our deli counter)
- 250gms Frozen Peas
- Recipe cost £4.56 Shopping basket £5.96
- Vegetarian filling for the PORTOBELLO MUSHROOM, SWEET POTATO and PARSLEY
- 250gms Portobello mushroom
- 250gms Sweet Potato
- 1 bunch Parsley
- Salt and Pepper to taste

Recipe cost £2.21 Shopping basket £3.71

Method

For the pastry, using a food processor – cut the butter into small cubes and chill or freeze. Put the chilled/frozen butter and flour into a food processor. Using the pulse button, process until the mix is a fine crumb. Then add the egg and mix until the dough comes together in a ball. Put the pastry dough onto a lightly floured surface, gather into a smooth ball and put it in the fridge for at least 30 minutes. For handmade pastry follow the same sequence first rubbing the butter and flour together with your fingers.

While the pastry is resting prepare the filling.

Meat filling – cut the feta and ham into cubes. Add the defrosted peas and mix. No need to add seasoning, as the saltiness of the feta and ham will be sufficient.

Vegetarian filling – peel the sweet potato and chop it into small cubes and place on a roasting tray coated in a little oil (we use rapeseed oil) . Roast the potato for 15 minutes at 180C or until the potato is just soft. Chop the Portobello mushroom into chunks. Put a piece of butter and a very small amount of water in a saucepan with some seasoning. Add the mushrooms. The water is to aid the initial cooking process as the mushrooms will release some moisture of their own. On a high heat the mushrooms will only take three or four minutes to cook. At this point drain the mushrooms from the pan and reduce any remaining liquid to a buttery syrup. Mix the cooked sweet potato and mushrooms (and buttery syrup) together. Coarsely chop a good quantity of parsley and add it the other ingredients with some freshly ground black pepper.

Take the pastry out of the fridge and roll out reasonably thinly so that there is enough pastry to fill a 10” loose-bottomed, fluted flan tin with enough to flap over the side. Ease the pastry into the base being careful to get the pastry into the angle of base and side without stretching it. Trim the pastry edges with scissors so it sits slightly above the tin. Press the pastry into the flutes. For the best result it is worth leaving the pastry to rest a further 30 minutes before ensuring the pastry is pressed right into the angle of the flan tin. This is to try and ensure an even shrinkage when the pastry is baked first without the filling. Rest the pastry in the fridge for another 30 minutes. Heat the oven to 200C conventional oven / 180C fan.

Line the pastry case with foil, fill with dry beans and bake for 15 mins. Remove foil and beans, brush the case with whisked egg to help seal the pastry and bake for 4-5 mins more until the pastry is pale golden. If the pastry has bubbled up at this stage put the foil liner and beans straight back into the pastry case to press the air bubbles down.

While the pastry cooks, prepare the custard.

For the custard beat the eggs with a fork or whisk making sure to thoroughly blend the yolks and whites. Add the milk and cream and mix together thoroughly. Add salt to taste. We would use about 6 grams for the recipe quantity of custard.

Put the filling into the baked pastry case and pour over the custard to fill. Bake in the oven at 180C or 160C fan for around 30 minutes until the custard has set and is a golden brown. It is possible to put the filling and custard into the raw pastry shell but the cooking time will be longer and the resultant cooked pastry not as delicious.

Serve it with mixed salad leaves.