



Basic Quiche

Serves 6

Ingredients

- 4 eggs
- 250ml low fat crème fraiche
- 250ml milk
- 150g cheddar cheese, grated (or you could use another hard cheese, for example blue cheese or goat's cheese)
- Pepper to taste
- 1 (23cm) unbaked pastry case (see basic shortcrust pastry recipe)

Method

1. Preheat oven to 220 C / Gas 7 for 40 mins
2. In a large bowl, whisk together eggs, milk and crème fraiche.
3. Season with pepper.
4. Place grated cheese in the pastry case.
5. Pour egg mixture over cheese
6. At this point, if you like, you can include other ingredients, for example, cooked ham, bacon, leeks, broccoli, roasted red pepper, salmon, courgette, spinach, etc
7. Bake in preheated oven for 15 minutes.
8. Reduce heat to 180 C / Gas 4, and bake for 25 minutes, or until pastry is golden and filling is set.
9. Once out of the oven, allow to set 5 to 10 minutes before serving

Equipment: Bowl for eggs, whisk, measuring jug, grater, pastry dish (23cm)



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