

Short Crust Mini Quiche

Equipment

Measuring Scales
Mixing bowl
Measuring jug
Mixing spoon
Fork
Sharp knife
Cupcake tray
Or 2 circle tins
Grater
Rolling pin
Chopping board

Ingredients

Short crust pastry

100g plain flour
50g butter/margarine
2-3x 15ml water
1 egg

Filling

2 eggs
100g cheddar cheese
200ml milk
1 onion
1 tomato

Stretch and Challenge

Filling

Asparagus
Cooked ham
Mushrooms
Sweetcorn
Broccoli



Step by step mini quiches



Preheat the oven to 190*c, gas mark 5.

Grease cupcake tray using a pastry brush and bit of oil or butter.

Weigh and measure and prepare your ingredients.

To make short crust pastry

Rub the butter into the flour together in a bowl.

Add a pinch of salt and pepper to taste.

Add the water a spoon at a time to bring the ingredients together.

Knead gently until smooth for 5 minutes.

Roll out the pastry with a rolling pin to a thickness of about 5mm and cut rounds with a circle cookie cutter.

Place the cut pastry into the cupcake tray spaces pat down flat and prick the bottom of the pastry with a fork.

To make quiche mixture

Cut up onions and fry gently on a low heat (boil broccoli).

Cut up all other ingredients.

Grate the cheese.

Beat the eggs and milk.

Add cheese to the egg/milk mixture and stir.

Sprinkle all ingredients in the base each pastry cup.

Pour the egg mixture over the pastry base.

Cook

Bake for 15-20 minutes or until set. Cool in the tray and eat warm or cold.

Keep in the refrigerator and consume in 2 days.



Step by step mini quiches



Pre heat your oven to 160*
Make pastry and roll out.
On a floured surface.



Line tin or cupcake
tray with pastry and
trim edges.



Prick the bottom of
The pastry with a
fork. Blind bake for 5
minutes.



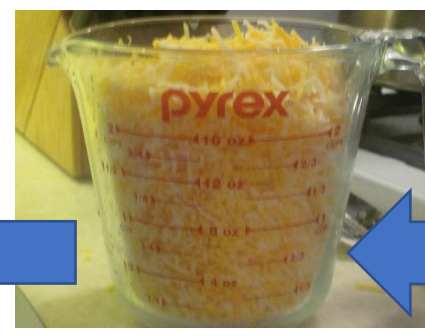
Cut and prepare chosen fillings.
Boil broccoli or fry onions.



Pour the egg
mixture over the
pastry base. Bake
for 25-30 minutes,
until golden brown.



Place the cooked
onions around the
pastry base and
add the other
ingredients.



Add the grated
cheese to the egg
mixture.



Beat the eggs and
milk together in a
jug.