



mini quiches

These individual quiches are much more fun to serve than a large one. They make a delicious dish at teatime and you can also make them in advance and serve them for a party.

SERVES 4 • PREPARATION TIME: 40 MINUTES • COOKING TIME: 20-25 MINUTES • COOLING TIME: 5-10 MINUTES

SHOPPING LIST

- 225 g (8 oz/2½ cups) plain (all-purpose) flour
- 100 g (4 oz) butter
- 2-3 tbsp cold water
- salt and pepper
- 3 medium eggs
- 125 ml (½ fl. oz/½ cup) milk
- 100 ml (4 fl. oz/½ cup) single (light) or double (heavy) cream
- 2 cherry or baby plum tomatoes, halved
- 1 heaped tbsp chopped chives or chopped spring onions (scallions)
- 75 g (3 oz/¼ cup) grated cheese

you will also need

Measuring scales, whisk, measuring jug, rolling pin, 4 quiche tins (about 10 cm/4 in in diameter), fork, baking parchment or foil, baking beans, round-ended knife, sieve

Assemble all the ingredients and equipment you need. Make sure you understand what everything is, especially anything you haven't used before. Wash your hands and put on a clean apron.



rubbing the flour and butter together

1 Sift the flour and a pinch of salt into a mixing bowl. Add the butter and gently rub together with your fingers until the mixture looks like breadcrumbs.

2 Add the water until your mixture sticks together without being too wet. Cover the bowl with cling film and allow to cool in the fridge for 20 minutes. Preheat the oven to 170°C (340°F/Gas mark 3).



rolling out the pastry



pricking the pastry bases



“ Making your own pastry is lots of fun! ” ROBERT, 7

3 Remove the pastry from the fridge and divide into 4 pieces. Roll the pastry out on a lightly floured surface and line the quiche tins with the pastry. Leave a little extra pastry overhanging the edge of the tin – this allows for any shrinkage during cooking. Prick the base and edges of the pastry with a fork to allow the pastry to crisp during cooking.

4 Lay a piece of baking parchment or foil over each tin. Weigh the parchment down with baking beans or rice. This stops the pastry base rising during cooking and is called 'blind baking'. Place in the oven and bake for 15 minutes.

5 While the cases are cooking, prepare the filling. Crack the eggs into a mixing bowl. Add the milk, cream and a pinch of salt and pepper and beat well. Pour this mixture into a measuring jug.

6 Remove the cases from the oven and remove the parchment and baking beans. Make sure you wear oven gloves and ask an adult to help you. Return the pastry cases to the oven and bake them for a further 5 minutes without the parchment and baking beans.

7 Remove the cases from the oven and divide the cheese, chives/onions, and tomatoes between the 4 pastry cases. Pour the egg mix on top of the fillings until the cases are three-quarters full. Return the cases to the oven and bake for 20-25 minutes until cooked and golden.

8 Remove from the oven and allow to cool for 5-10 minutes. Trim off any overhanging pastry with a round ended knife. Serve the quiches with a crisp green salad.